15 Weight Training

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 1**
Length: **Full Semester**
Status: **Published**

Brief Summary of Unit

This unit will aid in the development of strength and endurance training principles, teach students proper safety techniques when working with weights, and encourage students to develop and follow an individualized program. This unit will emphasize the importance of following a structured program including a warm up, power lift, accessory exercises, and cool down. In addition, students will be able to transfer what they have learned in class to use outside of school as they continue on with strength and conditioning throughout their life.

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Standards

2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
2.2.12.PF.1	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.
2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.
2.2.12.PF.3	Design and implement a personal fitness plan, using evidence and evaluate how that reflects knowledge and application of fitness-training principles (FITT) and the components of skill related fitness.
2.2.12.PF.4	Determine the role of genetics, age, nutrition, sleep, the environment, and exercise type on body composition and personal health (e.g., anabolic steroids, human growth hormones, stimulants).
2.2.12.PF.5	Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities.
2.2.12.LF.2	Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.
2.2.12.LF.3	Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.
2.2.12.LF.8	Identify personal and community resources to explore career options related to physical activity and health.
2.2.12.N.1	Compare and contrast the nutritional trends, eating habits, body image, and the impact of marketing foods on adolescents and young adults nationally and worldwide.
2.2.12.N.2	Determine the relationship of nutrition and physical activity to weight loss, gain, and maintenance.

2.2.12.N.3	Analyze the unique contributions of each nutrient class (e.g., fats, carbohydrates, protein, water, vitamins, minerals) to one's health and fitness.

Essential Questions

-Why is it important to develop an individualized fitness plan?

-What are the most effective ways to improve your fitness levels through strength training?

Students Will Know/ Students Will Be Skilled At

• all safety aspects involved in the weight training process as both a lifter and a spotter

• how to target the intended muscle groups for each exercise

• how to adhere to all safety policies and procedures

• how to safely and effectively progress through their lifting program

• the proper technique for all lifts performed in class

•how to measure their level of exertion

•how to properly follow their individualized program

•how to calculate a one repetition maximum lift

•how to read the maximum lift conversion charts

Learning Plan

Preview the essential questions and connect to learning throughout the unit.

•divide students into lifting groups to be used throughout the marking period

• Introduce all exercises with correct form for the students

• Introduce full warm up sequence

• Students begin with practice lifts

• Testing for one repetition maximum lifts for all power lifts

• Record maximum lifts and convert them to five repetition maximum lifts

•Students receive their individualized programs and work with their five repetition maximum lifts for remainder of marking period

•Maximum lifts increase appropriately throughout marking period as determined by the instructor

•Complete oral assessment each period as students report their progress to instructor

Evidence/ Performance Tasks

- Teacher observation as to students' ability to correctly perform all lifts
- Student's ability to correctly follow their individualized program, lift the correct weights for each set, and report on their progress accurately (oral assessment)

Materials

- Barbells
- Dumbbells
- Bench press benches
- Incline press benches
- Squat racks
- Plyometric boxes
- Cardio equipment
- Resistance bands
- Weight machines
- Deadlift bars
- Weight plates
- Bumper plates
- Collars

- White Board
- Recording sheets
- Jump ropes

Suggested Strategies for Modification

•one-to-one instruction and assistance
•cooperative learning groups
•additional time on task
•assessment based on individual development in the area of study
•demonstration and visual aids
•preferential grouping
•Group work
•Class Discussions
•Explanation and demonstration through kinesthetic, visual, and auditory manners

•Individualized strength programs