

Grade 11  
Two Semesters

# FITNESS CONDITIONING

# Course Description

- This course is designed to give students the opportunity to learn fitness concepts and conditioning techniques used for obtaining optimal physical fitness. Students will benefit from comprehensive weight training and cardio-respiratory endurance activities.
- Students will learn the basic fundamentals of strength training, aerobic training, and overall fitness training and conditioning. Course includes both lecture and activity sessions.
- Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.

# Goals (Overarching Standards)

Student needs to:

- Standard 1: Demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.
- Standard 2: Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- Standard 3: Demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.

# Content Standards

Students will:

Standard 1: Demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.

- ① 1.1 Explain and apply biomechanical principles of 1st, 2nd, & 3rd class levers specific to a variety of lifting techniques.
- ① 1.2 Observe and analyze the techniques of another while lifting (or yourself through video) and write an analysis of the performance.
- ① 1.3 Demonstrate proper spotting techniques for all lifts and exercises which require spotting.
- ① 1.4 Observe and analyze the techniques of another performing a plyometric exercise (or yourself through video) and write-up an analysis of the performance.

- ① 1.5 Measure and assess multiple performances of another in the following areas: balance, reaction time, agility, coordination, power, and speed.
- ① 1.6 Identify and apply biomechanical principles necessary for the safe and successful performance of weight training.
- ① 1.7 List, describe, and demonstrate use of safety equipment required for participation in weight training.
- ① 1.8 Demonstrate independent learning of movement skills in weight training.

Standard 2: Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.

- ② 2.1 Establish a set of personal physical fitness goals utilizing the principles of training and create a strength-training and conditioning program.
- ② 2.2 Identify the prime mover muscles, antagonistic muscles, and stabilizer muscles for each of the major weight training exercises.
- ② 2.3 Measure and assess multiple performances of another in the following areas: muscular strength, muscular endurance, cardiorespiratory endurance, and flexibility.

- ② 2.4 Explain that biomechanics, muscle size, gender, age, training experience, training technique, specificity, and muscle stretch affect strength performance.
- ② 2.5 Demonstrate and explain the techniques and concepts of three different types of weight training programs.
- ② 2.6 Demonstrate and explain the concepts of two different conditioning programs.
- ② 2.7 Develop and/or use a personal physical fitness log to record all workout data on a daily basis.
- ② 2.8 Based on the personal physical fitness goals set in 2.1, achieve a significantly higher level of speed, strength, power, and endurance.
- ② 2.9 Meet physical fitness standards that exceed those of the State-mandated test.

Standard 3: Demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.

- Self Responsibility
- 3.1 Display safe and responsible behavior while training.
- 3.2 Describe the role of motivation in physical activity.
- 3.3 Describe how the perception of effort and quality is a personal assessment and the role it plays in achieving fitness goals.
- 3.4 Develop personal goals to improve performance in weight training and fitness.

- ③ 3.5 Identify and analyze weight training and fitness activities that enhance personal enjoyment.
- ③ 3.6 Evaluate risks and safety factors that may affect participation in weight training and fitness throughout a lifetime.

### Social Interaction

- ③ 3.7 Explain how to select and modify weight training and fitness activities to allow for participation by children, the elderly, and those with special needs.
- ③ 3.8 Analyze the role of social interaction in the successful participation and enjoyment of participating in weight training and fitness activities.

### Group Dynamics

- ③ 3.9 Assist others in achievement of their fitness goals.

# Performance Standards

- ◎ The Performance Standard Criteria is shown below. The objective is to have all students achieve at or above the Proficient Level. Performance level is determined by the average of the Assessments or Assignments.
  - Not Proficient (below 60%)
  - Partial Proficient (60% - 69%)
  - Proficient (70% - 84%)
  - Advance Proficient (85% - 100%)

# Performance Standards Criteria

- ⦿ Graded Assessments/Assignments:
  - Not Proficient (1)
    - Average is a 1 or less than 60%
    - Minimal completion
    - Plan minimally complete
    - Includes all of the component for one week

- ◎ Graded Assessment/Assignments:
  - Partial Proficient (2)
    - Average is a 2 or between 60% - 69%
    - Partially complete
    - Plan partially complete
    - Includes all of the components for two weeks

## ⦿ Graded Assessment/Assignments:

- Proficient (3)

- Average is a 3 or between 70% - 84%
- Mostly complete
- Plan includes almost all components
- Includes all of the components for three weeks

- ◎ Graded Assessment/Assignments:
  - Advance Proficient (4)
    - Average is a 4 or between 85% - 100%

## ◎ Performance-based Assessment

- Not proficient
- Partial proficient: Occasionally performs correctly
- Proficient: Performs correctly most of the time
- Advanced proficient: Always performs skills correctly

# Outline of Content and Time Allotment

## ● **Introduction to Fitness and Conditioning (1 Week)**

- Class Curriculum, Expectations, Grading Policy
- Classroom Rules and Procedures
- Locks and Locker Room Procedures
- Dressing Policy

## ◎ **Fitness Pre-Test (1 Week)**

- Assess personal fitness, compare personal scores data to health standards and set goals Of maintenance and improvement.

## ① Physical Fitness Concepts and Techniques (6 Weeks [ongoing])

- Apply principles of physical fitness
- Apply physiological principles involved in human movement.
- Select a leisure time physical activity and identify opportunities in the community to participate in this activity.
- Describe current trends in fitness and conditioning
- Understand the components of total health fitness and the relationship between physical activity and lifelong wellness.
- Fitness Technology: (heart rate monitors, heart rate wands, pedometers, skin calipers, computer software)

## ◎ **Cardiorespiratory Endurance Training (6 Weeks [ongoing])**

- Safety techniques (including modifications for health conditions, i.e. asthma, obesity; breathing techniques; proper movement forms, i.e., correct stride, arm movements, body alignment; proper warm-up, cool down, and stretching)
- Demonstrate competency in monitoring heart rates during activity
- Assess cardiorespiratory fitness and set goals to maintain or improve fitness levels
- Participate in a variety of cardiorespiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits.
- Demonstrate an awareness of cardiorespiratory fitness opportunities in the community

## ◎ **Nutrition (2 Weeks [ongoing])**

- Nutrients
- Nutrition labeling information
- Food Choices
- Food Guide Pyramid
- Influences on food choices-social, economic, cultural
- Access to adequate food sources
- Comparison of food values
- Weight Management-proper practices to maintain, lose, gain
- Eating Disorders
- Proper hydration
- The effects of performance enhancement drugs
- Ephedra
- Creatine
- Steroids

## ◎ **Resistance Training for Muscular Strength and Endurance (12 Weeks [ongoing])**

- Apply principles of resistance training
- Safety techniques (spotting, proper body alignment, lifting techniques, spatial awareness, and proper breathing techniques)
- Demonstrate an understanding of proper weight training principles and concepts in order to achieve desired results
- Perform basic resistance exercises (including free weights, hand weights, weight machines, exercise bands and tubing, medicine balls, fit balls)
- Advanced techniques of weight training

## ◎ **Flexibility Training, Relaxation Techniques and Core Training (6 Weeks)**

- Safety techniques (stretching protocol; breathing and relaxation techniques)
- Demonstrate an understanding of the basic types of flexibility exercises (i.e. dynamic, static)
- Develop basic competency in relaxation and breathing techniques
- Pilates
- Yoga

## ◎ **Fitness Post Test (1 Week)**

- Reassess personal fitness and compare scores to pre-test scores and personal goals
- Record data

## ◎ **Closure (1 Week)**

- Evaluate and implement fitness and activity plans
- Reflection
- Locker Room Shut-down

# Methods

- ◎ **A variety of instructional strategies will be used to accommodate all learning styles.**
  - Demonstrations - by teacher, student(s), or experts on video
  - Lecture
  - Modeling
  - Guided practice
  - Group discussion
  - Student centered learning to include:
    - peer coaching
    - reciprocal teaching
    - Checklists
    - video (peer and self-analysis)