



# SCHOOL DISTRICT OF MONROE

*Preparing for the Future, One Child at a Time*

## Strength & Conditioning & Athletic Performance I

### **Course Description:**

The curriculum for this course is developed from the [Wisconsin State Physical Education Standards](#). This course is designed as an **introductory** course to athletic conditioning and strength training. This class will promote students' knowledge in developing, tracking and learning about resistance training as it relates to athletics. Students will be instructed in basic principles of strength training & conditioning.

The course focus is on functional strength training which includes functional movement, mobility and principles of strength training and conditioning. Students will be provided a quality workout opportunity based on the strength training principles taught. Topics include systematic body weight training, strength training, plyometric training, speed & agility training, physiology of exercise, and other training methods. Tests and measurements of fitness, strength, & conditioning, as a means of evaluating progress, will be part of this course. Students will be utilizing an online learning platform to track workouts and monitor progress.

### **Mastery Standards:**

Demonstrating the understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities develops a present interest and future desire to participate in a variety of activities. (2:4:A1, 2:4:A2, 2:4:A3, 2:4:A4, 2:4:B1, 2:4:B2, 2:4:B3, 2:4:B4, 2:4:B5, 2:4:B6, 2:4:B7, 2:4:B8)

Participating in regular physical activity familiarizes participants to the positive changes in physical, social and emotional health. (3:4:A1, 3:4:A2, 3:4:A3, 3:4:A4, 3:4:A5, 3:4:B1, 3:4:B2, 3:4:B3, 3:4:B4)

Achieving and maintaining a health-enhancing level of physical fitness empowers an individual with independent choices that will allow optimal wellness to be consistent in life. (4:4:A1, 4:4:A2, 4:4:A3, 4:4:A4, 4:4:A5, 4:4:A6, 4:4:A7, 4:4:A8, 4:4:A9, 4:4:A10, 4:4:A11)

Exhibiting responsible personal and social behavior that respects self and others in physical settings provides opportunities to gain self-confidence in similar future environments. (5:4:A1, 5:4:A2, 5:4:A3, 5:4:A4, 5:4:A5, 5:4:A6, 5:4:A7)

Describing and analyzing the values of physical activity for health, enjoyment, challenge, self-expression, and social interaction develops and clarifies the importance of including movement in one's life. (6:4:A1, 6:4:A2, 6:4:A3, 6:4:A4, 6:4:A5, 6:4:B1, 6:4:B2, 6:4:B3, 6:4:B4)

Unit	Description of Unit and Learning Targets
<p><b>Unit Title: Safety - Weight Room Rules</b></p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> <li>Why are safety rules and procedures required in the Weight room?</li> </ul>	<p>Students will go over responsibility in the Weight Room in regards to equipment, space, exercises, and the well being of all people in the facility.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> <li>I can work with peers willingly, regardless of skill level and individual differences in partner and small group situations.</li> <li>I can demonstrate consistent decisions to ensure the safety of self and others.</li> <li>I can exhibit respectful and mature behavior to contribute to a positive learning environment.</li> </ul>
<p><b>Unit Title: Spotting/Lifting Technique</b></p> <p><u>Essential Questions:</u></p>	<p>Students will go over responsibility in the Weight Room in regards to equipment, space, exercises, and spotting techniques for the various lifts and the well being of all people in the facility.</p>

<ul style="list-style-type: none"> <li>Why is spotting and lifting technique so important, to both the lifter and spotter?</li> </ul>	<p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> <li>Students will complete safety tests on spotting techniques for the different lifts prior to being allowed to lift</li> <li>I can work with peers willingly, regardless of skill level and individual differences in partner and small group situations.</li> <li>I can demonstrate responsible decisions about using time, applying rules, and following through with decisions made.</li> <li>I can demonstrate consistent decisions to ensure the safety of self and others.</li> <li>What safety steps should be taken when participating in weight training activities?</li> </ul>
<p><b>Unit Title: Fitness Testing</b></p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> <li>Why is testing important when first setting up an athletic training and strength training routine?</li> </ul>	<p>Students will be exposed to various testing modalities accessing Strength, Power, Speed, Agility. Pre and post tests will help guide or training</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> <li>Understand the different test protocols</li> <li>Understand the importance of assessment and data analysis</li> <li>Charting data progress</li> </ul>
<p><b>Unit Title: Teamwork - Leadership</b></p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> <li>How does Teamwork and leadership affect training?</li> </ul>	<p>Students will go over qualities of good leadership in the Weight Room in regards to equipment, space, exercises, and the well being of all people in the facility.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> <li>I can work with peers willingly, regardless of skill level and individual differences in partner and small group situations.</li> <li>I can demonstrate responsible decisions about using time, applying rules, and following through with decisions made</li> <li>I can exhibit respectful and mature behavior to contribute to a positive learning environment.</li> </ul>
<p><b>Unit Title: Hydration &amp; Nutrition</b></p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> <li>How does proper hydration and nutrition affect training and performance?</li> </ul>	<p>Students will be responsible for learning and understanding how proper hydration, and pre and post nutrition effect training</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> <li>Students will understand the importance of proper hydration and the recommended daily allowance.</li> <li>Students will understand the importance of pre and post nutrition as it relates to athletic performance.</li> </ul>
<p><b>Unit Title: Muscle Physiology and Anatomy</b></p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> <li>Explain the different muscle groups in the upper body and which exercise is best used when targeting that muscle group?</li> </ul>	<p>Students will gain knowledge of the basic muscle anatomy in the upper body and learn exercises that can be performed to train those areas</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> <li>I can choose appropriate exercises to work the muscle group intended to train though a well designed conditioning program for a sport or lifetime fitness activity.</li> <li>I can establish training goals by identifying my strengths and weaknesses using various fitness assessments.</li> <li>I can develop an appropriate health-related physical fitness exercise program based on fitness assessment results and classroom activities.</li> </ul>

