

**MT. DIABLO UNIFIED SCHOOL DISTRICT  
COURSE OF STUDY  
DRAFT**

<b>COURSE TITLE:</b>	<b>Weight Training II</b>
<b>COURSE NUMBER:</b>	<b>8480</b>
<b>CALPADS NUMBER:</b>	<b>2513</b>
<b>CST:</b>	<b>None</b>
<b>DEPARTMENT:</b>	<b>Physical Education</b>
<b>NCLB TEACHER CREDENTIAL REQUIREMENTS:</b>	<b>To be determined by the Credential Analyst in Personnel</b>
<b>LENGTH OF COURSE:</b>	<b>One Semester or One Year</b>
<b>CREDITS PER SEMESTER:</b>	<b>5</b>
<b>GRADE LEVEL(S):</b>	<b>11, 12</b>
<b>GRADUATION REQUIREMENT OR ELECTIVE:</b>	<b>Elective</b>
<b>PREREQUISITES:</b>	<b>Completion of Weight Training I</b>

**BOARD OF EDUCATION ADOPTION:**

**COURSE DESCRIPTION:**

This course is designed to give students the opportunity to learn weight training concepts and techniques used for obtaining optimal physical fitness. Students will develop an understanding of comprehensive weight training and cardio-respiratory endurance activities. Students will advance their fundamental skills of weight training, apply anatomy of movement as related to weight training, strength training, aerobic training, overall fitness training and conditioning. One focus of this course will be to advance the skills and techniques taught in Weight Training 1. Students will demonstrate how to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activities for a lifetime. Students will develop an understanding of the career paths related to weight training and fitness.

**COURSE OUTLINE:**

**1. MAJOR GOALS PERTAINING TO WEIGHT TRAINING 2 & FITNESS**

- 1.1 Develop effective movement skills and the fundamentals of movement
- 1.2 Create a health-enhancing level of physical fitness to maintain an active lifestyle
- 1.3 Organize knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of activity
- 1.4 Demonstrate an understanding of the various influences on the evolution of a movement-related activity
- 1.5 Apply knowledge of career paths related to weight training and fitness

## **2. PERFORMANCE OBJECTIVES:**

- 2.1 To demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities
- 2.2 Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies
- 2.3 Demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity

## **3. CONTENT OUTLINE:**

- 3.1 Standard 3: Introduction to Weight Training 2 and Conditioning
  - 3.1.1 Class Curriculum, Expectations, Grading Policy
  - 3.1.2 Classroom Rules and Procedures
  - 3.1.3 Locks and Locker Room Procedures
  - 3.1.4 Dressing Policy
- 3.2 Standard 2: Fitness Pre-Test
  - 3.2.1 Assess personal fitness, compare personal scores data to health standards and set goals of maintenance and improvement
- 3.3 Standard 2: Physical Fitness Concepts and Techniques
  - 3.3.1 Apply principles of resistance training
  - 3.3.2 Apply physiological principles involved in human movement
  - 3.3.3 Examine a leisure time physical activity and participate in this activity
  - 3.3.4 Apply current trends in fitness and conditioning
  - 3.3.5 Apply the components of total health fitness and the relationship between physical activity and lifelong wellness
- 3.4 Standard 3: Social Skills and Cooperative Activities
  - 3.4.1 Personal and social responsibility
  - 3.4.2 Conflict resolution skills
  - 3.4.3 Social skills: Encouragement, Active listening, Courtesy
  - 3.4.4 Cooperative activities, ice breakers, tag games, trust activities, problem solving initiatives
- 3.5 Standard 2: Nutrition as it applies to Weight Training 2
  - 3.5.1 Describe influences on food choices-social, economic, cultural
  - 3.5.2 Recognize access to adequate food sources
  - 3.5.3 Compare and contrast food values
  - 3.5.4 Formulate weight management-proper practices to maintain, lose, gain
  - 3.5.5 Understand eating disorders
- 3.6 Standard 2: Resistance Training for Muscular Strength and Endurance
  - 3.6.1 Demonstrate principles of resistance training
  - 3.6.2 Safety techniques (spotting, proper body alignment, lifting techniques)
  - 3.6.3 Demonstrate an understanding of proper weight training principles and concepts in order to achieve desired results

- 3.6.4 Perform intermediate to advanced resistance exercises (including free weights, hand weights, weight machines, exercise bands and tubing, medicine balls, fit balls)
- 3.6.5 Advanced techniques of weight training
- 3.6.6 Advanced techniques of strength training
- 3.7 Standard 2: Cardiorespiratory Fitness
  - 3.7.1 Assess cardio-respiratory fitness and set goals to maintain or improve fitness levels
  - 3.7.2 Participate in a variety of cardio-respiratory activities including i.e., power walking, pacer test, interval training, incline running, distance running.
- 3.8 Standard 2: Fitness Post Test
  - 3.8.1 Reassess personal fitness and compare scores to pre-test scores and personal goals
  - 3.8.2 Record data on fitness software
- 3.9 Standard 3: Closure
  - 3.9.1 1 Week
  - 3.9.2 Evaluate and implement weight training program
  - 3.9.3 Reflection
  - 3.9.4 Locker Room Shut-Down

#### **4. INSTRUCTIONAL METHODS AND/OR STRATEGIES:**

- 4.1 Demonstrations – by teacher, student(s), or experts on video
- 4.2 Lecture
- 4.3 Modeling
- 4.4 Guided practice
- 4.5 Group discussion
- 4.6 Student centered learning to include:
  - Peer coaching
  - Reciprocal teaching
  - Checklists
  - Video (peer and self-analysis)
  - Guided discovery
  - Stations and circuits
  - Task cards
  - Computer lab

#### **5. EVALUATION OF STUDENT PROGRESS:**

- 5.1 Journals and logs
- 5.2 Portfolios
- 5.3 Checklists
- 5.4 Rubrics of performance assessments during activity
- 5.5 Quizzes and tests
- 5.6 Projects (rubric assessed)
- 5.7 Video

- 5.8 Computer software
- 5.9 Fitnessgram

**6. TIME ESTIMATES:**

- 6.1 Review of Weight Training 2 and Conditioning (1 week)
- 6.2 Fitness Pre-Test (2 weeks)
- 6.3 Physical Fitness Concepts and Techniques (6 weeks – ongoing)
- 6.4 Social Skills and Cooperative Activities (2 weeks)
- 6.5 Nutrition as pertaining to Weight Training 2 (2 weeks)
- 6.6 Resistance Training for Muscular Strength and Endurance (11 weeks – ongoing)
- 6.7 Cardio-respiratory Fitness (11 weeks – ongoing)
- 6.8 Fitness Post Test (2 weeks)
- 6.9 Closure (1 week)

**7. INSTRUCTIONAL MATERIALS:**

- 7.1 Chalkboard/white board, chart paper and easel, crates for portfolios/journals
- 7.2 Portable stereo with CD player, iPod connection, and wireless mic
- 7.3 Stopwatches
- 7.4 Clipboards (teacher and students class set) and pencils
- 7.5 Equipment appropriate to the unit: acquire from the District Stock Catalog and/or Physical Education Equipment Catalogs (i.e.: Sporttime, Gopher, Education Company, etc.)
- 7.6 Heart Rate Monitors
- 7.7 Fitnessgram Software and fitness testing equipment (skin fold calipers, tape or CD of push-ups and curl-ups cadence, rulers, mat with line for curl-ups, software)
- 7.8 Weight room equipment

**Sample Lesson Plan: Clean**

**Standard to be taught:** 1.8 - Demonstrate independent learning of movement skills in weight training.

**Assessment:**

- 1. Observation
- 2. Peer Visual Assessment
- 3. Journal

**Teaching strategies:**

- 1. Demonstration
- 2. Modeling
- 3. Guided Practice

**Student activities:**

- 1. Clean

- a. Demonstrate proper technique of clean
  1. Feet shoulder width apart, hands on the outside of feet
  2. Using legs (not your back) stand up straight
  3. As you are standing up, you are shrugging your shoulders
  4. Pull bar hard up to your chest, while keeping bar close to your body)
  5. As the bar reaches your chest throw your elbows out and go into a front squat and back up
  6. It is strongly recommended that you teach the front squat first, so that the students will not get hurt.
- b. Teacher cues steps and students model
- c. Stations
- d. Students learn proper technique for the clean

**Resources:**

1. Weight training video or DVD
2. Internet
3. Weight training cards or posters

**Committee Members:**

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|---------------------|--------------------------------------|----------------------------|
| 1. Melinda Hall     | Director of Curriculum & Instruction | Curriculum & Instruction   |
| 2. Spooqmai Habibi  | Curriculum Specialist                | Curriculum & Instruction   |
| 3. Mandy Loushin    | Physical Education Teacher           | Ygnacio Valley High School |
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| 5. Scott Wood       | Physical Education Dept. Chair       | College Park High School   |
| 6. Jennifer Garcia  | Physical Education Dept. Chair       | Clayton Valley High School |
| 7. Megan Coddington | Physical Education Dept. Chair       | Concord High School        |
| 8. Yvonne McClain   | Physical Education Dept. Chair       | Mt. Diablo High School     |
| 9. Cesar Ortiz      | Physical Education Dept. Chair       | Ygnacio Valley High School |
| 10. Bob Johnson     | Physical Education Dept. Chair       | Northgate High School      |