

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

COURSE TITLE:	Weight Training I
COURSE NUMBER:	8890
CALPADS NUMBER:	2513
CST:	None
DEPARTMENT:	Physical Education
NCLB TEACHER CREDENTIAL REQUIREMENTS:	To be determined by the Credential Analyst in Personnel
LENGTH OF COURSE:	One Semester or One Year
CREDITS PER SEMESTER:	5
GRADE LEVEL(S):	10, 11, 12
GRADUATION REQUIREMENT OR ELECTIVE:	Elective
PREREQUISITES:	None

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 participate in comprehensive weight training and cardio-respiratory endurance activities. Students will learn the basic fundamentals of weight training, basic introduction of anatomy of movement as related to weight training, strength training, aerobic training, overall fitness training and conditioning. Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime. Students will gain an awareness of the career paths related to weight training and fitness.

COURSE OUTLINE:

1. MAJOR GOALS PERTAINING TO WEIGHT TRAINING & FITNESS

- 1.1 Analyze effective movement skills and the fundamentals of movement
- 1.2 Distinguish an improved level of physical fitness to maintain an active lifestyle
- 1.3 Analyze knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of activity
- 1.4 Develop knowledge of career paths related to Weight Training I 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 I 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 Understand principles of resistance training
 - 3.3.2 Recognize physiological principles involved in human movement
 - 3.3.3 Practice a leisure time physical activity and analyze opportunities in the community to participate in this activity
 - 3.3.4 Describe current trends in fitness and conditioning
 - 3.3.5 Understand 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 Recognize personal and social responsibility
 - 3.4.2 Indicate conflict resolution skills
 - 3.4.3 Express social skills: Encouragement, Active listening, Courtesy
 - 3.4.4 Select cooperative activities, ice breakers, tag games, trust activities, problem solving initiatives
- 3.5 Standard 2: Nutrition as it applies to Weight Training I
 - 3.5.1 List nutrients
 - 3.5.2 Recognize nutrition labeling information
 - 3.5.3 Classify food Choices
 - 3.5.4 Identify food Guide Pyramid
 - 3.5.5 Illustrate proper hydration
 - 3.5.6 Classify the effects of performance enhancement drugs
- 3.6 Standard 1: Resistance Training for Muscular Strength and Endurance
 - 3.6.1 Apply principles of resistance training
 - 3.6.2 Demonstrate 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 Practice basic resistance exercises (including free weights, hand weights, weight machines, exercise bands and tubing, medicine balls, fit balls)
- 3.6.5 Apply basic techniques of weight training
- 3.6.6 Apply basic techniques of strength training
- 3.7 Standard 2: Cardio-respiratory Fitness
 - 3.7.1 Analyze cardio-respiratory fitness and set goals to maintain or improve fitness levels
 - 3.7.2 Practice 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 Introduction to Weight Training I 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 I (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 microphones
- 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 Fitness gram 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: Bench Press

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. Bench Press
 - a. Demonstrate proper technique of bench press
 - 1. Lay down on the bench

2. Tighten abdominals, press back to mat, place feet on the ground
 3. Line up fingers/hands on bar
 4. Spotter help lift bar off stand
 5. Lower bar bending elbows out to the sides to 90 degrees
 6. Extend arms back up toward ceiling
- b. Teacher cues steps and students model
 - c. Stations
 - d. Students learn proper technique for the bench press

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. Spogmai Habibi | Curriculum Specialist | Curriculum & Instruction |
| 3. Mandy Loushin | Physical Education Teacher | Ygnacio Valley High School |
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