

**Warren County School District**

**PLANNED INSTRUCTION**

**COURSE DESCRIPTION**

**Course Title:** Strength & Weight Training

**Course Number:** 00629

**Course Prerequisites:** None

**Course Description:**

The Strength & Weight Training class is designed to meet the needs of students who desire a physical education program in a less competitive environment. The students will participate in individualized activities designed to develop overall strength, explosiveness and speed. This course will also help develop and increase muscle definition, endurance, and cardio respiratory training. Students will receive knowledge in proper lifting technique, stretching and flexibility exercises as well as understand the correlation of lifts to the muscle groups to enhance athletic performance. The students will leave this class with a lifelong understanding of how to maintain adequate fitness for a healthy lifestyle.

**Suggested Grade Level:** Grades 9-12

**Length of Course:**     ☒ One Semester                      ☐ Two Semesters                      ☐ Other

**Units of Credit:** .5 (Insert *None* if appropriate)

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:** CSPG 47

**Certification verified by WCSD Human Resources Department:** ☒ Yes     ☐ No

**TEXTBOOK AND SUPPLEMENTAL MATERIALS**

**Continue using Board approved textbook?** ☐ Yes     ☒ No (*If yes, then complete the information below.*)

**Board Approved Textbooks, Software, Supplemental Materials:**

**Title:**

**Publisher:**

**ISBN #:**

**Copyright Date:**

**Date of WCSD Board Approval:**

## **BOARD APPROVAL:**

**Date Written:** November 13, 2018

**Date Approved:** \_\_\_\_\_

**Implementation Date:** 2019-2020

## **SPECIAL EDUCATION AND GIFTED REQUIREMENTS**

The teacher shall make appropriate modification to instruction and assessment based on a student's Individual Education Plan (IEP) or Gifted Individual Education Plan (GIEP).

### **COURSE OVERVIEW**

#### **Topics to be Covered:**

*Weight Lifting Programs*

*Plyometric Exercises*

*Medicine Ball Work-outs*

*Kettle Bell Activities*

*Resistance Band Exercises*

*Cardiovascular Activities*

#### **10.3.12 Safety and Injury Prevention**

- D.** Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

#### **10.4.12 Physical Activity**

- A.** Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
- B.** Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
- D.** Evaluate factors that affect physical activity and exercise preferences of adults.
- F.** Assess and use strategies for enhancing adult group interaction in physical activities.

#### **10.5.12 Concepts, Principles and Strategies of Movement**

- A.** Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.
- B.** Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.
- C.** Evaluate the impact of practice strategies on skill development and improvement.
- D.** Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.
- E.** Evaluate movement forms for appropriate application of scientific and biomechanical principles.

## ASSESSMENT

**Portfolio Assessment:** \_\_\_\_\_ Yes      X   No

**District-Wide Common Final Examination Required:** \_\_\_\_\_ Yes      X   No

**Course Challenge Assessment (Describe):** N/A

**WRITING TEAM:** Warren County School District Teachers

## WCSD STUDENT DATA SYSTEM INFORMATION

1. Is there a required final examination? \_\_\_\_\_ Yes      X   No

*\*Warren County School District Policy 9741 and 9744 state, "All classes in grades 9-12 shall have a final exam."*

2. Does this course issue a mark/grade for the report card?   X   Yes    \_\_\_\_\_ No

3. Does this course issue a Pass/Fail mark? \_\_\_\_\_ Yes      X   No

4. Is the course mark/grade part of the GPA calculation?   X   Yes    \_\_\_\_\_ No

5. Is the course eligible for Honor Roll calculation?   X   Yes    \_\_\_\_\_ No

6. What is the academic weight of the course?

\_\_\_\_\_ No weight/Non credit

  X   Standard weight

\_\_\_\_\_ Enhanced weight