

## Warren County School District

### PLANNED INSTRUCTION

#### COURSE DESCRIPTION

**Course Title:** Strength & Weight Training

**Course Number:** TBA

**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. **No final exam required.**

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

**Length of Course:** X One Semester        Two Semesters        Other (Describe)

**Units of Credit:** .5

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certification(s):** Health and Physical Education GSPG #47

**Certification verified by WCSD Human Resources Department:**

  X   Yes             No

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

**Title:**

**Publisher:**

**ISBN #:**

**Copyright Date:**

**Date of WCSD Board Approval:**

**BOARD APPROVAL:**

**Date Written:**   October 2014  

**Date Approved:**                     

**Implementation Year:**  2015-2016 

**SPECIAL EDUCATION AND GIFTED REQUIREMENTS**

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

**SPECIFIC EDUCATIONAL STANDARDS, ESSENTIAL QUESTIONS, CONTENT, & SKILLS**

See Curriculum Map – Strength & Weight Training

## ASSESSMENTS

**Suggested Formative Assessments:** The teacher will develop and use standards-based assessments throughout the course.

- Rubrics
- Checklists
- Observations
- Performance
- Skill Assessment
- Questioning
- Fitness Tests
- Dress & Participation

**Suggested Summative Assessments:**

- Student Portfolios
- Student Log/Journal
- Fitness Test
- Test/Quizzes
- Student Presentations
- Essays
- Projects

### District Approved Assessment Instruments

- Any district approved assessment instrument

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

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

**Course Challenge Assessment:** N/A

### WRITING TEAM:

WCSD Health & Physical Education Professional Staff

## WCSD STUDENT DATA SYSTEM INFORMATION

1. Is there a required final examination?        ☐ Yes    ☒ No
2. Does this course issue a mark/grade for the report card?  
      ☒ Yes    ☐ No
3. Does this course issue a Pass/Fail mark?        ☐ Yes    ☒ No
4. Is the course mark/grade part of the GPA calculation?  
      ☒ Yes    ☐ No
5. Is the course eligible for Honor Roll calculation?        ☒ Yes    ☐ No
6. What is the academic weight of the course?  
      ☐ No weight/Non credit        ☒ Standard weight  
      ☐ Enhanced weight (Describe)