

Strength & Conditioning III (Physical Education)

Elective – Semester – 10/11/12

Prerequisites: Fitness & Wellness and Strength & Conditioning II

Course Description

This course is designed to maintain a personal level of fitness through self-directed workouts. Students will learn to assess the needs of others and assist in facilitating training. They will also attain knowledge of the skills needed to adapt training to an individual's needs.

Course Goals

The Christian teacher will:

1. Provide opportunities for all students to begin and maintain an optimal level of lifetime physical fitness and wellness through a variety of activities.
2. Instill social skills and attitudes, sportsmanship, and the appreciation of the capacities and limitations of oneself and others.
3. Develop in students a desirable self-concept toward lifetime participation in physical activity and nutrition.
4. Utilize a variety of training methods in and out of class to increase athletic performance.
5. Develop a broader knowledge of exercises to increase athletic performance and personal fitness levels.
6. Attain knowledge of periodization to adapt training to personal need to prevent stagnation in training.

Course Objectives

The successful student will be able to demonstrate the following Society of Health and Physical Education (SHAPE) standards:

1. Demonstrate competency in a variety of motor skills and movement patterns.
2. Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.
3. Demonstrate the knowledge of nutrition and training methods for optimal performance in sport and daily life.
4. Exhibit responsible personal and social behavior that respects self and others.
5. Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Course Outline

Activities may include:

- I. *Resistance Training*
- II. *Functional Strength Training*
- III. *Circuit Training*
- IV. *Speed & Agility Training*
- V. *Bodyweight Training*
- VI. *Plyometrics*
- VII. *Interval Training*
- VIII. *Periodization*
- IX. *Nutrition*

Instructional Strategies

Instruction may occur in the classroom, gymnasium, weight room, or in an environment conducive to physical activity. Learning will take place through lectures and demonstrations presented by the teacher or by the students. Technology resources may also be used in the class.

Grading

Cooperation and participation during activities will be considered in the evaluation process of the student. Students will receive 5 points a day for wearing proper attire and shoes for the activity; displaying an appropriate attitude; being prompt to class; and displaying their best effort during an activity. One point will be deducted for inappropriate attire, poor attitude, tardiness, or not listening/following directions. Students may be deducted multiple points for refusal to participate,

putting the health and safety of others at risk, inappropriate language, or demonstrating more than one misbehavior from the previous list.

Students will also be assessed on the mastery of fundamental skills and content knowledge of each unit. Other assessments may include peer evaluations, quizzes/tests, entry slips, exit slips, skills tests, video or slide presentations, and facilitate a full workout session with instructor assistance for a final project.

If a student is absent for more than 5 days, they will receive a zero for participation. They will also receive a zero for any missing quizzes or assignments due that day. The students may complete a physical activity form to make up for any days missed. Excessive absence will jeopardize credit for the class.

In the situation where a student is limited in physical participation, such as injury or health problems, the student must have a note from a doctor, physical trainer, athletic trainer, or other medical professional to excuse them from certain activities. If a student is limited in physical participation for a prolonged period of time, the student may not receive credit for the class.

Student Materials

Appropriate clothing for activity
Tennis Shoes
Notebook

Classroom Procedures

Students will be given approximately five minutes to change attire at the beginning and end of each class period. If the five minutes have expired and students are unprepared for class, they will receive a tardy for that class period.

Each student will be issued a lock during the semester. If a student loses the lock, the students will be assessed a \$5.00 fee.