

Strength and Conditioning I: General Descriptions of The Content Standards

Goal 1. The students will demonstrate the ability to perform various movement patterns of strength and conditioning.

Objectives- The students will be able to:

- a. Define the following principles of strength and conditioning: overload, progression, specificity, variation, and reversibility.
- b. Perform movements with correct techniques(i.e., pushing, pulling, hip hinge, and four core lifts).
- c. Participate in a variety of conditioning activities to enhance physical fitness.

Goal 2. The students will demonstrate the ability to explain muscle function, proper nutrition, and physiology of exercise.

Objectives- The students will be able to:

- a. Identify the muscular and skeletal structure of the human body and understand the basic physiology connected with strength and conditioning.
- b. Explain basic nutritional needs and their impact on training.
- c. Differentiate between muscular strength and muscular endurance and their respective training protocols.

Goal 3. The students will demonstrate the ability to apply training theories to daily workouts.

Objectives- The students will be able to:

- a. Describe and distinguish among the various forms of training: circuit, super sets, pyramids, and power. This information will provide the basic foundation for all strength activities.
- b. Integrate basic conditioning activities (i.e., agility, plyometric, and cardiovascular) into personal fitness programs.
- c. Experience various training effects. Periodic assessments will provide data and feedback to further personal goals.
- d. Differentiate between science-based training information/practice and myths.

Goal 4. Physically literate students in strength and conditioning will demonstrate the ability to achieve and maintain a health-enhancing level of physical fitness.

Objectives- The students will be able to:

- a. Improve personal fitness levels through a variety of strength and conditioning movements.
- b. Design an appropriate personal fitness program enabling them to achieve desired levels of fitness.
- c. Maintain and analyze a personal fitness program, which will include both strength and conditioning components.

Goal 5. The students will demonstrate the ability to identify and practice responsible personal and social behavior in physical activity settings.

Objectives- The students will be able to:

- a. Apply safety guidelines and concepts to specific strength and conditioning activities.
- b. Accept responsibility for personal safety and the safety of others when participating in any type of strength and conditioning program.
- c. Analyze a body movement and provide corrective and appropriate feedback.
- d. Demonstrate cooperative, responsible, and positive behaviors during participation in all strength and conditioning.

Goal 6. The students will demonstrate the ability to explain how strength and conditioning provide opportunities for enjoyment, challenge, self-expression, and social interaction.

Objectives- The students will be able to:

- a. Understand that physical activity can provide opportunity for self-expression, social interaction, enjoyable, challenging, and fun.
- b. Pursue personal fitness programs that meet their own needs as a result of the strength and conditioning program