

# Blackhawk School District

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## CURRICULUM

Course Title:	Conditioning I
Course Number:	1301 (first semester 10 <sup>th</sup> -12 <sup>th</sup> ), 1302 (second semester 9 <sup>th</sup> -11 <sup>th</sup> )
Grade Level(s):	Grades 9-12
Periods per week:	Every day
Length of Period:	42 minutes
Length of Course:	Semester
Credits:	.5 credits
Faculty Author(s):	Mark Balbach, Nancy Davies, Diane Huston, Joe Verbosky
Date:	Fall 2008; Revised May '09

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### **COURSE DESCRIPTION:**

**This elective course meets five (5) days per week. The primary emphasis in this course is to provide instruction and training in proper power lifting techniques. The purpose is to build muscular strength through the use of free weights.**

The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.

COURSE OUTLINE	OBJECTIVES (PA standard)	PROPOSED TIME / ACTUAL TIME	RESOURCES	LESSON REFLECTION (for future revisions)
<ul style="list-style-type: none"> <li>❖ Muscle Strength</li> <li>❖ Muscular Endurance</li> <li>❖ Flexibility</li> </ul>	<p>10.3.12D Understand the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.9 F Understand the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.12 F Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p> <p>10.5.9 C Identify and apply practice strategies for skill improvement.</p> <p>10.5.9 D Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic/anaerobic, circuit/interval, repetition/set.</p> <p>10.4.9 C Understanding factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status, drug/substance/abuse).</p> <p>10.4.9 A Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>10.5.12 A Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promotes personal lifelong participation.</p> <p>10.4.9 B Understand the effects of regular participation in moderate to vigorous physical activities in the body systems (weight management).</p>	80 classes	Weight room Fitness Center Dance Studio	