



PLANNED COURSE STATEMENT

M6405
NCES 08009

Course Title: Strength and Conditioning	Grade Level(s): 6, 7, 8
Length of Course: Quarter	Required/Elective: Elective
Adopted/Supplemental Materials:	

Offered at:	Applegate	X Fleming	Lincoln Savage	Lorna Byrne
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COURSE DESCRIPTION:

Students will be able to develop an understanding of fitness concepts and design personal fitness programs while developing an individualized level of health-related activities to complete assessments of their health-related fitness. Students will learn the relationships between physical activity, physical fitness, cooperation, appreciation for the abilities and limitations of self and others, and various health-related outcomes. Through the course, students will gain knowledge and skills needed to develop lifelong physical activity patterns. By the end of the course, students will: improve their physical fitness by participating in group fitness classes, weight training, walking, jogging, nutrition, and other activities.

COURSE GOALS:

- Master proper body weight exercises and lifts
- Improve muscular strength and flexibility
- Enhance self-image
- Develop an appreciation for consistent and long-term exercise.
- The teacher provides maximum participation for all students with positive and specific feedback.
- Provides awareness of the community resources, needs, and health-related issues that are facing our youth today.

ASSESSMENT STRATEGIES:

1. Teacher Evaluation
2. Class Preparation
3. Attendance Monitoring
4. Oral and/or Cognitive Written Tests
5. Peer Observation
6. Student-led Peer Modeling
7. Pre and Post Skill Assessment

ACCOMMODATIONS AND MODIFICATIONS:

1. All grading is based on individual goals, being able to demonstrate proper form, and improved fitness assessments.
2. Modification of prescribed program related to injury or physical limitations.

CAREER RELATED LEARNING STANDARDS:

1. Learning to appreciate the values and consequences and long-term effort.