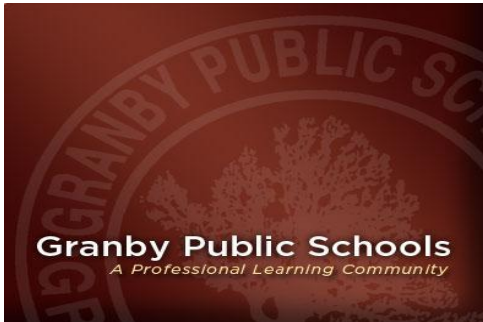


Course Proposal Requests are to be communicated with and between:

- Department/CAS Leader
- Principal
- Director of Curriculum
- Curriculum Committee
- Director of Curriculum/BOE Curriculum Sub Committee



Granby Public Schools Course Proposal Request

To be completed for recommendation of:

- New course**
- Revision of a course (not offered for 2 or more years, change in credit, level, alignment to standards, etc.)**
- Course elimination**
- Course level change**
- Impact on Graduation Requirements**

Date Submitted: 10/16/23 Teacher: Geaglone Department/School:GMHS PE/Wellness

Course Information:

- Course title: Strength and Conditioning and Human Performance
- Grade(s) and level (AP, honors, academic): Academic
- Number of credits: .5
- Prerequisites: none

Background/Course History:

1/2 year Strength and conditioning class. This class will teach the students how to become a personal trainer without the certification. The class will focus on the fundamentals of weight training and conditioning along with all the aspects of anatomy and physiology. The class will teach proper form and techniques and what muscles are being used and how. Emphasis on concepts of fitness and general health issues that affect individuals and athletes. Students will learn skills necessary for health-related fitness evaluation and fitness prescription. Students will also explore professions in Athletic Training and Exercise Science. Class can be offered 1 period each semester. Capacity 20

Rationale for recommendation: (Vision, mission, standards, enrollment)

This class can be used as a STEM 1/2 credit. We have students who are interested in physical therapy. We can explore whether there may be dual enrollment. Many students are using the gyms wrong and don't know how to work out properly and safely. This college level style class can also piggyback with the anatomy and physiology class and give the students actual real world experience. Although the students wouldn't be certified as a personal trainer they are that much closer and would just need a refresher and test to be officially certified. This course helps equip students for careers in personal and athletic training while also promoting healthy lifestyles.

Curriculum: (Alignment to Standards (common core expectations), integration of other content area standards, performance assessment, rubrics)

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Curriculum will be developed over the summer of 2024 and blend standard PE/Health and STEM Standards and collaborate with the anatomy and physiology teacher to make connections between knowledge and application.

How will the content of this course be delivered?

Taught by a certified staff member in classroom and weight room, including modeling, guided practice, classroom instruction and real-world connections through student goal-setting, modeling and progress monitoring.

Timelines for consideration (significant dates/deadlines/professional development/curriculum writing):

Write curriculum for this course - summer 2024

Budget Implications (textbooks, supplemental resources, staffing, scheduling, professional development training, and curriculum writing):

This column to be checked by Director of Curriculum	Budget Need Area:	Yes/No: Complete for each area listed	Amount Needed	Purpose – WHY??
Add to new text budget	Textbook	Yes No X		
Building based	Workbook	Yes No X		
Building Based	Staffing	Yes X .2 No	12650	.2 Teacher
Add to PD budget	Professional Development	Yes No - X		
Add to Curriculum Budget	Curriculum Writing	Yes No	375	Write curriculum 10 hours (1 teacher)
	Other :	<input type="text"/>	<input type="text"/>	<input type="text"/>

Other:

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FOR OFFICE USE ONLY:

Date BOE sub-committee reviewed: _____

Action: ___Approved ___Not Approved