

Course 3E Weight Training and Fitness Content Standards

STANDARD 1 Students demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.	Std X <input type="checkbox"/>	STANDARD 2 Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.	Std X <input type="checkbox"/>	STANDARD 3 Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.	Std X <input type="checkbox"/>
1.1 Explain and apply biomechanical principles of 1 st , 2 nd , & 3 rd class levers specific to a variety of lifting techniques.	1.1	2.1 Establish a set of personal physical fitness goals utilizing the principles of training and create a strength-training and conditioning program.	2.1	3.1 Display safe and responsible behavior while training.	3.1
1.2 Observe and analyze the technique of another while lifting (or yourself through video) and write and analysis of the performance.	1.2	2.2 Identify the prime mover muscles, antagonistic muscles, and stabilizer muscles for each of the major weight training exercises.	2.2	3.2 Describe the role of motivation in physical activity.	3.2
1.3 Demonstrate proper spotting techniques for all lifts and exercises which require spotting.	1.3	2.3 Measure and assess multiple performances of another in the following areas: muscular strength, muscular endurance, cardiorespiratory endurance, and flexibility.	2.3	3.3 Describe how the perception of effort and quality is a personal assessment and the role it plays in achieving fitness goals.	3.3
1.4 Observe and analyze the techniques of another performing a plyometric exercise (or yourself through video) and write-up an analysis of the performance.	1.4	2.4 Explain that biomechanics, muscle size, gender, age, training experience, training technique, specificity, and muscle stretch affect strength performance.	2.4	3.4 Develop personal goals to improve performance in weight training and fitness.	3.4
1.5 Measure and assess multiple performances of another in the following areas: balance, reaction time, agility, coordination, power, and speed.	1.5	2.5 Demonstrate and explain the techniques and concepts of three different types of weight training programs.	2.5	3.5 Identify and analyze weight training and fitness activities that enhance personal enjoyment.	3.5
1.6 Identify and apply biomechanical principles necessary for the safe and successful performance of weight training.	1.6	2.6 Demonstrate and explain the concepts of two different conditioning programs.	2.6	3.6 Evaluate risks and safety factors that may affect participation in weight training and fitness throughout a lifetime.	3.6
1.7 List, describe, and demonstrate use of safety equipment required for participation in weight training.	1.7	2.7 Develop and/or use a personal physical fitness log to record all workout data on a daily basis.	2.7	Social Interaction 3.7 Explain how to select and modify weight training and fitness activities to allow for participation by children, the elderly, and those with special needs.	3.7
1.8 Demonstrate independent learning of movement skills in weight training.	1.8	2.8 Based on the personal physical fitness goals set in 2.1, achieve a significantly higher level of speed, strength, power, and endurance.	2.8	3.8 Analyze the role of social interaction in the successful participation in weight training and fitness activities.	3.8
		2.9 Meet physical fitness standards that exceed those of the State-mandated tests.	2.9	Group Dynamics 3.9 Assist others in achievement of their fitness goals.	3.9

Student:	Teacher:	Semester
Grades 1 st (Standards taught X)	Grade 2 nd (New Standards taught #)	Grade 3 rd (New Standards taught +)
Assessment methods used by teacher	Attach assessment pieces for document	

