

Course Scope and Sequence of Units

Course: Weight Training

Unit Name	Key Subtopics	# of Days/Weeks
Introduction to Strength Training	• Pre Assessment - Terms vocabulary, Strength Training and Fitness Knowledge, Components of Fitness, Training Principles (Ex. Progressive Overload), Students take Google Form Assessment • Essential Question - Why did you decide to take this class? • Intro to Lifts - Weight Room Safety, Form, Spotters, Camaraderie, Respect • Initial Fitness Testing Push Ups, Curl Ups, Pull Ups • Bodyweight Movements - Pushup, Pull up, Sit up, Curl up, Squat, etc. are tested • Fitness Testing through FITNESSGRAM - Providing a baseline for lifts and exercises that will be done over the course of the semester • Intro to Lifts - Watch Demonstrations and follow along with the workout of the day and modify as necessary • Workouts of the day are given to get students started in the class • Students will track workouts and progress through a weekly workout log(ex. exercise - sets/ reps)	3-4 Weeks
SMART Goal Setting & Intro to Programming Implementing Program	• Go over the acronym for Goal Setting using SMART • Essential Question - Why did you decide to take this class? • Determine your goals for the class - can start out as more general but should become more specific • Instructor directed workouts with a partner • Fitness Testing will take place at least 3 times throughout the semester where progress should be seen • Students will begin to implement or choose a plan and track progress in alignment with goals • Students should use spreadsheet to track their lifts and submit into Google Classroom • Motivation: What motivates you? Social Media Pages that you find encouraging • Choose program and begin to implement • After several weeks implementing your program students will tweak the program to according to what they learned over the initial implementation and align it with their goals if these have changed slightly • Students will stick with this program and to be consistent keeping track of progress and progressing • Strength Testing will continue to take place once every week or 2 • Student will learn about Powerlifting commands for the Bench, Squat, and Deadlift	4 Weeks
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Mock Powerlifting Meet	Students will have a practice meet before a more structure actual meet where students compete to see who can get the highest class total	
Student Taught Training Different Training Styles & Recovery / Stretching / Flexibility / Calisthenics / Plyometrics / Olympic Lifts	- We will overview different training styles emphasizing specialization (ex. Calisthenics vs Powerlifting) - Students will learn about recovery (sleep, rest, hydration, nutrition) - Student will teach a on a topic for a 8-12 minute demonstration - Students will learn about Flexibility & Mobility - Students will learn about Plyometrics and how they fit into a training program - Different Topics will be introduced at the beginning of classes prior to students using the weightroom	3-4 Weeks