

Personal Fitness



Strength Training

Course Curriculum

Physical Education Evaluation

Power Objectives

P.O. #1: Demonstrate combined movement skills and patterns in authentic settings

P.O. #2: Apply biochemical principles to performance in authentic settings

P.O. #4: Implements principles and practices to develop a fitness and nutrition plan to meet individual needs

P.O. #5: Demonstrate leadership by holding self and others responsible for following safe practices, rules, procedures and etiquette in physical activity settings

Academic Vocabulary

Review:

- ☐ FITT principle
- ☐ overload
- ☐ progression
- ☐ specificity
- ☐ frequency
- ☐ intensity
- ☐ squat
- ☐ deadlift
- ☐ military press
- ☐ hang clean
- ☐ bench press

New:

- ☐ torque
- ☐ force
- ☐ velocity
- ☐ triple extension
- ☐ acceleration
- ☐ accommodating resistance
- ☐ delayed transformation
- ☐ set and repetitions
- ☐ meters per second
- ☐ ready position
- ☐ tension
- ☐ spotter
- ☐ pectorals

Advanced:

- ☐ periodization
- ☐ conjugate system
- ☐ undulating periodization
- ☐ linear periodization
- ☐ autoregulation
- ☐ tier system
- ☐ complex training
- ☐ superset
- ☐ giant set
- ☐ sequence
- ☐ concentric
- ☐ eccentric
- ☐ isometric
- ☐ triphasic programming

		<input type="checkbox"/> latissimus dorsi <input type="checkbox"/> gluteus maximus <input type="checkbox"/> hamstring <input type="checkbox"/> quadriceps <input type="checkbox"/> calves <input type="checkbox"/> biceps <input type="checkbox"/> triceps <input type="checkbox"/> trapezius <input type="checkbox"/> deltoids <input type="checkbox"/> dynamic warm up <input type="checkbox"/> flow <input type="checkbox"/> mobility <input type="checkbox"/> range of motion <input type="checkbox"/> max effort <input type="checkbox"/> dynamic effort <input type="checkbox"/> repetitive effort	<input type="checkbox"/> ground based <input type="checkbox"/> one-five rep max <input type="checkbox"/> volume <input type="checkbox"/> overtraining <input type="checkbox"/> shear <input type="checkbox"/> compression <input type="checkbox"/> brace <input type="checkbox"/> strength curve
Enduring Understandings <i>Students understand that...</i>	<ul style="list-style-type: none"> • Students will understand that correct exercise technique will allow them to maximize their performance with a limited chance of injury. • Students will understand that exercises they use and the specific way that they use the exercises for sets and repetitions will influence their specific results. • Students will understand why using the principles of human movement and force production can influence decisions in their future careers. 		
Essential Questions	<ul style="list-style-type: none"> • What is the best way to use strength training for my specific health and fitness goals? • How does strength training affect a person’s overall health and well-being? • How does understanding human movement/force production related to other professions (doctors, robotics, physics, clothing/shoe designs, statistics, technology/app design, etc)? 		