



Weight Training I/II

K-12 CHPS Pacing Guides	Curriculum Framework	Testing Blueprint	VDOE Website
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Pacing	Standard	Instructional Unit
1st Nine-Weeks		
Week 1	Cognitive	Introduction & Orientation
Week 2	Cognitive/ Perform	Pre-Testing/Goal Setting
Week 3	Perform	Anatomical Adaptations
Week 4	Perform	Power Training
Week 5	Cognitive /Perform	Power Training/ Calculating Target Heart Rate.
Week 6	Perform/ Cognitive	Maximal Strength/Nutrition & Weight Management
Week 7	Perform	Maximal Strength
Week 8	Perform	Maximal Strength
Week 9	Cognitive/ Affective	Testing Week

2nd Nine-Weeks		
Week 10	Perform	Hypertrophy
Week 11	Cognitive /Perform	Hypertrophy/ Performance Enhancing Drugs
Week 12	Perform	Hypertrophy
Week 13	Perform	Hypertrophy
Week 14	Cognitive /Perform	Endurance Training/ Creating a Fitness Plan



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Week 15	Perform/ Cognitive	Endurance Training/ Flexibility Analysis program
Week 16	Perform	Endurance Training
Week 17	Perform	Pre – Testing/Goal Setting for fitness improvement
Week 18	Cognitive/ Affective	Final Exam



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