Hamburg Area School District

Name of Course: Strength & Conditioning
Department: PE

Grade Level: 11th and 12th
Instructional Time:
Length of Course: Full Year
Period Per Cycle: 3
Length of Period: 42 Minutes

Texts and Resources: Presidential Fitness Testing
Cross Fit

Assessments: Fitness Testing
<table>
<thead>
<tr>
<th>Essential Content/ Essential Questions</th>
<th>Performance Objectives</th>
<th>Standards/Anchors</th>
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</table>
| What are the benefits of engaging in a personal fitness program? | -Explain the effects an individual fitness program has to their overall wellness. | 10.4.9.B  
10.4.12.B |
| What can you do to protect your partner from injury? | -Demonstrate the proper techniques of spotting. | 10.4.12.C  
10.5.12.E |
| What are the safety rules of the weight room? | -Explain the safety rules of the weight room.  
-Demonstrate proper clean up of weight room area. | 10.4.12.E  
10.5.12.C |
| What are the proper mechanics of machine lifting?  
What are the proper mechanics of lifting free weights?  
What is the proper use of the Cardio Machines? | -Demonstrate the proper lifting form for free weights and weight machines.  
-Demonstrate the proper use of the Cardio Machines. | 10.4.12.C  
10.5.12.E  
10.3.9.D  
10.3.12.D |
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<tbody>
<tr>
<td>What is the purpose of strength training</td>
<td>-Explain how strength training impacts their level of wellness/fitness</td>
<td>10.4.9.A,B,C, 10.5.12.A,D,E</td>
</tr>
<tr>
<td>What fitness concepts/terms are related to strength training?</td>
<td>-Define the following terms: Anaerobic, Set, Repetitions/Reps, Overload, Progression, Opposing Muscle Groups, Specificity</td>
<td>105.9.D, B, 10.5.12.D, B, 10.5.9.A</td>
</tr>
<tr>
<td>How does strength training impact wellness and fitness?</td>
<td>-Engage in strength training workouts. -Analyze changes in wellness and fitness levels. -Identify the benefits gained from strength training</td>
<td>10.4.9.A,B, 10.5.12.A,D,E</td>
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**Course Name:** Strength and Conditioning  
**Unit:** Aerobic/Cardio Fitness  
**Time Line:** 4 cycles

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| What is the purpose of aerobic/cardio training? | Explain how aerobic/cardio training impacts their wellness and fitness level | 10.4.9.A,B,C  
10.5.12.A,E |
| What fitness concepts/terms are related to aerobic/cardio training? | Define the following terms:  
Cardio Respiratory Fitness  
Aerobic  
Cardio  
Heart Rate  
Target Heart Rate  
Overload | 10.5.9.D |
| How does aerobic/cardio training impact wellness and fitness levels? | - Engage in various aerobic/cardio workouts.  
- Analyze changes in wellness and fitness levels.  
- Identify the benefits gained from aerobic/cardio training. | 10.4.9.A,B,C  
10.5.12.A,E  
10.5.9.A |
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<tr>
<td>What is the purpose of Interval/Circuit Training?</td>
<td>Explain how interval and circuit training impacts their fitness and wellness levels.</td>
<td>10.4.9.ABC</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10.5.12.AE</td>
</tr>
</tbody>
</table>
| What concepts/terms are related to interval/circuit training? | Define the following terms as it relates to interval/circuit training:  
Set  
Reps  
Overload  
Specificity | 10.5.9.D                                |
-Analyze changes in wellness and fitness levels.  
-Identify the benefits gained from interval/circuit training. | 10.4.9.ABC  
10.5.12.AE |
Hamburg Area School District  
Course Plan  
Physical Education  

Course Name: Strength and Conditioning  
Unit: Individual Fitness Program  

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| What is the purpose of an individualized fitness program? | Explain the benefits related to an individualized fitness program. | 10.4.9 ABC  
10.4.12.ABCDF  
10.5.12.AD |
| What are the fitness components that need to be included in an individual fitness program? | Create their own fitness program using the following components.  
- Muscular Endurance  
- Muscular Strength  
- Aerobic/Cardio  
- Flexibility | 105.9.D  
10.5.12AD  
10.5.9.A |
| How does engaging in a fitness program benefit lifetime wellness and fitness? | - Engage in their own individual fitness program that they created.  
- Analyze changes in wellness fitness levels.  
- Identify the benefits gained from engaging in a personal fitness program. | 10.4.9. ABC  
10.4.12.ABCDF |
## Hamburg Area School District
### Course Plan
#### Physical Education

<table>
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<th>Course Name: Advanced PE</th>
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<td>Unit: Presidential Physical Fitness Testing</td>
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**Time Line:** 3 Cycles

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<tr>
<td>Why is it important to maintain a healthy fitness level throughout your lifetime?</td>
<td>- Explain how their fitness level impacts their overall level of wellness.</td>
<td>10.4.9 A</td>
</tr>
<tr>
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<td>- Participate in various aerobic activities in order to increase their fitness level.</td>
<td>10.4.12 A</td>
</tr>
<tr>
<td>What is the purpose of the Presidential Physical Fitness Tests?</td>
<td>- Explain the purpose of the Presidential Physical Fitness Tests.</td>
<td>10.4.12 E</td>
</tr>
<tr>
<td></td>
<td>- Identify the five components of fitness that measure muscular strength/endurance, cardio-respiratory endurance, speed, agility, and flexibility.</td>
<td>10.5.9 A</td>
</tr>
<tr>
<td>How are the components of fitness linked to total fitness?</td>
<td>- Explain the importance of being able to successfully perform all five components of fitness, and how each of them are linked to your total fitness level.</td>
<td>10.4.12 B</td>
</tr>
<tr>
<td></td>
<td>- Perform all five fitness tests to the best of their ability.</td>
<td>10.5.12 A</td>
</tr>
<tr>
<td>What did you learn from the results of the Presidential Physical Fitness Tests and how can you improve</td>
<td>- Evaluate the results of all five tests and create a plan of action in order to improve upon and/or maintain their current level of fitness.</td>
<td>10.4.9 A,D,E,F</td>
</tr>
<tr>
<td>and/or maintain your current level of fitness?</td>
<td>- Identify factors that affect successful participation in their plan of action.</td>
<td>10.4.12 A,D,E</td>
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<td>10.5.9 C</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10.5.12 A,C,D</td>
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