



## Course Outcome Summary

### Course Information: **Speed and Strength Training**

**Description:** Students will be involved in fitness, strength and speed building programs to enhance their physical and mental well-being. This course will examine muscle development, flexibility, speed/agility and various fitness concepts. The class will meet student goals and needs through basic weightlifting concepts and etiquette. It will also include speed development training.

**Instruction Level:** 10-12  
**Total Credits:** 1 Semester  
**Prerequisites:** NA  
**Textbooks:** None

### Course Standards:

- **Standard 1** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5** - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

### Unit

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1. **Fundamentals of Weight Lifting**
2. **Weight Training Program**
3. **Speed Training**
4. **Fitness (semester long)**

## Unit Outlines

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### 1. Fundamentals of Weight Training

**Standards:** 1, 2

**Unit Objective:** The student will perform the proper lifting techniques, identify primary and secondary muscles of each core lift and assess the health benefits of weight training.

**Essential Questions:**

- Why is proper weight lifting form/technique critical when performing exercises using free weights (barbells, dumbbells, etc.)?
- How is it beneficial to know what muscles are targeted when performing various lifts/exercises?

**Essential Knowledge:**

- The students will learn proper lifting and spotting techniques
- The students will identify primary and secondary muscle groups of each core lift
- The students will know the health benefits of weight training workouts

### 2. Weight Training Program

**Standards:** 3, 4, 5

**Unit Objective:** The student will follow, perform and record weekly lifting program through BFS, while recording sets, reps and weight following proper weight room safety etiquette and protocols and finding the value of weight training as a lifelong activity.

**Essential Questions:**

- How can you incorporate weight training workouts into a regular fitness routine and what are the benefits of this?
- Why is proper etiquette important in the overall success of all participants in the weight room?
- How have your personal strength gains helped you realize the value of weight training as an integral part of your life time wellness habits?

**Essential Knowledge:**

- The students will learn to incorporate weight training workouts as a fitness tool in a personal fitness regimen
- The students will evaluate progress and strength gains in the 4 core lifts (bench press, parallel squat, hang clean and power press)
- The students will grow to appreciate the value of strength training as an important part of lifetime wellness

### 3. Speed Training

**Standards:** 1, 2

**Unit Objective:** The student will perform proper body mechanics while increasing overall stride, footwork and speed techniques.

**Essential Questions:**

- Why is proper running form/technique critical when understanding how to run more efficiently?
- Why is it beneficial to know the proper body mechanics used various speed components (stride length and stride frequency)?

**Essential Knowledge:**

- The students will learn the proper body mechanics of running
- The students will identify and correct proper running mechanics
- The students will understand the benefits of speed training workouts

### 4. Fitness (mile run, sit-ups, push-ups, flexibility)

\*Spans across entire semester

**Standards:** 3

**Unit Objective:** By the end of the semester, students will have performed 3 fitness tests (baseline, mid and final) and set SMART fitness goals.

**Essential Questions:**

- What role does goal setting play in accomplishing your desired outcomes?
- What are the lifetime benefits of improving your fitness levels?

**Essential Knowledge:**

- The students will learn how to set realistic goals pertaining to mile run, sit ups, push-ups and flexibility
- The students will learn to re-evaluate and re-set personal fitness goals within an established timeline.
- The students will learn the health benefits of being physically active