

HUDSONVILLE HIGH SCHOOL COURSE FRAMEWORK



COURSE / SUBJECT

Weight Training

KEY COURSE OBJECTIVES/ ENDURING UNDERSTANDINGS (Important ideas and core processes)	UNIT PACING (names of units and approximate pacing)	UNIT LEARNING TARGETS (By the end of the unit, students will be able to. . .)	STANDARD (Which standards (i.e. common core, MMC, etc.) does this address?)
Students will analyze current levels of their muscular strength and muscular endurance. They will write and explain a personal weight training program to improve these levels.	The student will demonstrate knowledge of selected weight training and health topics.	<ol style="list-style-type: none"> 1. The student will correctly identify and spell the major muscle groups of the body. 2. The student will identify specific lifts that work each major muscle group. 3. The student will demonstrate knowledge of anabolic steroids and other selected supplements. 4. Other possible topics of discussion if time allows are: nutrition, cardiovascular endurance. 	<p>Standard 3 - A physically educated person participates regularly in lifelong physical activity.</p> <p>Standard 6 - A physically educated person values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>
	The student will participate in selected team sports or cardiovascular activity on non-lift days.	These include: speed drills, jogging, stretching, volleyball, basketball, timed sprints, aerobics, floor hockey, tennis, etc.	<p>Standard 3 - A physically educated person participates regularly in lifelong physical activity.</p>

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OVERARCHING/ESSENTIAL SKILLS OR QUESTIONS (ideas/skills that transcend discipline-specific learning)	The student will assess personal status of flexibility, body composition, and other body measurements.	These include the use of sit and reach, skin calipers, and tape measures, etc.	Standard 2 - A physically educated person demonstrates undemanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
<ol style="list-style-type: none"> 1. The student will explain 3 types of weight lifting programs and what effects these programs have on the body. 2. The student will explain basic lifting principles. 3. The student will explain the concept of holistic lifting. 4. The student will describe proper lifting techniques and overall weight room safety. 5. The student will write a specific goal and then write a weight program which will help them meet that goal. 6. The student will be able to identify and explain each piece of equipment in the weight room. 	The student will develop personal discipline and work habits which will allow them to succeed in the weight room.	The student will self evaluate themselves for personal work habits.	Standard 2 - A physically educated person demonstrates undemanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.