

PERSONAL CONDITIONING

LENGTH OF TIME: 1 semester

GRADE LEVEL: 10-12

DESCRIPTION OF COURSE:

This is an option for 10-12 grade level students. Classes are scheduled for three periods of physical education in a six-day cycle. This course will focus on individualized personal conditioning programs using all school exercise facilities (fitness center, gymnasium, track, turf, and other athletic fields.) Students will be responsible for the design, implementation, monitoring, and evaluation of their workouts. Students will be working to meet their own personal fitness goals, as well as improve in all five components of fitness. Students will be introduced to and practice various training principles, as well as more advanced exercises and the latest developments in training. Physical Education is required for a minimum of three semesters throughout a student's high school career.

COURSE STANDARDS:

Students will:

1. Demonstrate individual development in motor skill and physical fitness, including aerobic fitness and skills in lifetime activities to promote lifelong physical activities. (NPES 1-5; PA Std 10.4.12 a, b, e, f; 10.5.12 a, b, c, d, e, f)
2. Develop leadership skills and the ability to work cooperatively in developmentally appropriate group activities. (NPES 4,5; PA Std 10.5.12 f; 10.4.12 f)

NATIONAL PHYSICAL EDUCATION 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

PENNSYLVANIA STANDARDS FOR HEALTH, SAFETY AND PHYSICAL EDUCATION:

Standard Area- 10.1 Concepts of Health

Standard Area- 10.3 Safety and Injury Prevention

- C. Strategies to Avoid/Manage Conflict
- D. Safe Practices in Physical Activity

Standard Area- 10.4 Physical Activity

- A. Physical Activities that Promote Health and Fitness
- B. Effects of Regular Participation
- E. Physical Activity and Motor Skill Improvement
- F. Physical Activity and Group Interaction

Standard Area- 10.5 Concepts, Principles and Strategies of Movement

- A. Movement Skills and Concepts
- B. Motor Skill Development
- C. Practice Strategies
- D. Principles of Exercise/Training
- E. Scientific Principles that Affect Movement
- F. Game Strategies

PERFORMANCE ASSESSMENTS:

Students will demonstrate achievement of the standards by:

1. Students will demonstrate the components of a physical fitness routine that will include a formal warm-up and conditioning program with an emphasis on flexibility, cardiovascular fitness and strength training. The physical education staff will monitor and adjust this program to enhance each individual's level of fitness. (Course Standard 1)
2. Students will assess their own fitness levels at the beginning and end of the semester by participating in the FitnessGram Test. The PE staff will record their scores and determine whether or not each student is in the healthy fitness zone for each particular test. (Course Standard 1)
3. Students will demonstrate a basic level of competence in the following units:
 - Fitness testing; Conditioning; Individualized Training Programs (Course Standard 1, 2)
4. Students will develop cooperative learning strategies by assuming the different roles of leader, facilitator, recorder, and reporter. Students will learn leadership skills and how to be a contributing member of a group. (Course Standard 2)
5. Students will recognize and encourage the unique abilities and potential of others by participating in group activities. (Course Standard 2)

TITLES OF UNITS:

1. Fitness Testing
2. Conditioning
3. Individualized Training Programs

SAMPLE INSTRUCTIONAL STRATEGIES:

1. Command and task

2. Cooperative learning
3. Task sheets
4. Problem solving
5. Projects
6. Demonstration/role play
7. Critical thinking scenarios

MATERIALS:

1. Exercise equipment particular to the activity. (In the Gold gym & Fitness Center)

METHODS OF ASSISTANCE AND ENRICHMENT:

1. Differentiated instruction
2. Additional make-up opportunities/tutoring by teacher
3. Varsity or more gifted athletic students serve as team leaders and group facilitators
4. Small group instruction for remedial work (peer-tutoring)

METHODS OF EVALUATION:

1. Written tests/quizzes
2. Five basic benchmarks which are ongoing:
 - a. a quality level of effort and participation should be displayed at all times
 - b. a mature attitude should be displayed at all times
 - c. demonstration of an acceptable level of skill and/or an improvement in skill level
 - d. showing respect for others (staff, class members) while in group, teams, or class activities.
 - e. student demonstrates safety during activity and when using equipment
3. Skill testing system instituted- Pre/Post Assessments
4. Projects
5. Class Participation
6. Weight Room Participation

INTEGRATED ACTIVITIES:

Reading/Writing- Students are assigned to read different articles on the particular training being taught in class. Some units will require that students provide a written summary of the article issued.

Math- Students will be able to calculate their target heart rate.