

**ADVANCED WEIGHT TRAINING AND
CONDITIONING - ESSENTIAL
CURRICULUM**

NATIONAL STANDARDS FOR PHYSICAL EDUCATION

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

A physically educated person:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

National Association for Sport and Physical Education. (2004). *Moving into the future: National standards for physical education* (2nd ed.). Reston, VA: Author.

GENERAL DESCRIPTIONS OF THE CONTENT STANDARDS

Goal 1. The students will demonstrate the ability to use competency in various methods of weight training and conditioning.

Objectives - The students will be able to:

- a. Differentiate among various advanced weight training methods (tri-setting, weight stripping, light to heavy, pyramiding, split, routines, negatives, blitz, super overload, and super sets).
- b. Demonstrate competence in performing advanced weight training exercises, plyometric exercises and manual resistance exercises.

Goal 2. The students will demonstrate the ability to understand muscle function, proper nutrition, and physiology of exercise.

Objectives - The students will be able to:

- a. Differentiate among the three energy systems used in muscular activity.
- b. Identify, compare, and analyze marketing products of the health and fitness industry including performance-enhancing supplements and current fitness trends.
- c. Describe the stress adaptation syndrome as it applies to weight training and conditioning.
- d. Analyze anatomical movement within the various planes of the body.
- e. Describe the anatomy and function of skeletal muscle.

Goal 3. The students will demonstrate the ability to apply safety guidelines and concepts to specific training activities.

Objectives - The students will be able to:

- a. Perform advanced weight training exercises with proper alignment, form, and techniques.
- b. Identify common training injuries, list preventive measures, and describe basic methods of rehabilitating injuries.
- c. Identify and analyze the risk and effects of anabolic steroid use.
- d. Demonstrate proper spotting techniques for both safety and a partner's workout enhancement.

Goal 4. The students will demonstrate the ability to apply training theories to daily workouts.

Objectives - The students will be able to:

- a. Participate daily in all aspects of the weight training and conditioning program.
- b. Maintain daily records including long and short term goals, work out logs, and fitness testing results.
- c. Design and implement an individual weight training program based on personal long and short term goals and fitness assessment results.

Goal 5. The students will demonstrate the ability to have responsible personal and social behavior in the physical activity setting.

Objectives - The students will be able to:

- a. Initiate responsible personal and social behavior in the weight room and conditioning lab.
- b. Accept responsibility for taking leadership roles to accomplish group and individual goals.

Goal 6. The students will demonstrate the ability to explain how weight training and conditioning provide opportunities for enjoyment, challenge, self expression, and social interaction.

Objectives - The students will be able to:

- a. Enjoy the challenge of different advanced weight training activities.
- b. Recognize that physical conditioning can provide opportunities for positive social interactions.
- c. Enjoy regular participation in weight training and conditioning.

Goal 7. The students will demonstrate the ability to maintain a health-enhancing level of physical fitness.

Objectives - The students will be able to:

- a. Develop a performance-specific program that is tailored to their personal health-related fitness needs.
- b. Assess and record personal fitness status.