

INSTRUCTIONAL GUIDE: FITNESS AND CONDITIONING-I

Subject Area: Physical Education

Course Number:

Grade Level: 9 – 12

Credit: 0.5

Category: Physical Education

Health Component Emphasized: Cardio-respiratory & Muscular Strength/Endurance

The purpose of this course is to enable students to develop an understanding of fitness concepts and design a personal fitness program while developing an individualized level of health-related activities.

This course will contain but not be limited to the following: safety practices, physiology of the cardiovascular system, anatomy of the muscles, concepts and principles of health-related fitness, correct techniques of executing exercises, use of various types of exercise and fitness equipment, fitness assessments, personal and group fitness exercises/activities, nutrition, consumer issues, benefits of participation, design and implementation of a personal fitness program.

This will be based on combined knowledge acquired in a weight training course

QUARTER 1		
CONTENT STANDARD	OBJECTIVE	Assessments
1st week Cognitive Approximately five – 55 minute periods of time to complete	Lesson/Information to be Covered Orientation Course Syllabus Attendance Procedures Rules and Regulations Locks and Lockers Uniforms Go over rules associated with the course activities.	Pre-Test
2nd Week Cognitive/Perform Approximately five –55 minute periods of time to complete Perform/Cognitive	Identify safety issues Explain methods of monitoring levels of intensity during aerobic activities. Discuss safety issues pertaining to exercises, equipment and safety in general. Review heart rate checks. Use technology to analyze data to evaluate and monitor.	Pre – Testing/Goal Setting for fitness improvement Pre-test on 12 minute walk/run, push-ups crunches or max weight lifts on core lifts.
3rd Week Perform Approximately five –55minute periods of time to complete	Goal setting, using a fitness journal/ selection of activities. Review basic core exercises and application to everyday movements. Use a variety of equipment. Med / stability balls, bands, BOSU, etc. Circuit training. Review of floor exercises. Practical	Calculate individual target heart rate and analyze how to adjust intensity.

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	<p>application. Concentrate on correct techniques and body mechanics during practical application exercises. Concentrate on complex motor skills with med balls/ stability balls, etc. to improve performance.</p>	
<p>4th Week Approximately five – 55 minute periods of time to complete</p>	<p>Body Mechanics Warm-Up/Cool/Down Training muscle groups. Review of muscular fitness exercises. Concentrate on correct techniques and body mechanics during practical application. Circuit training weight training workout. Muscular strength/endurance and correlation to training. Choose endurance and/or strength exercises to use in workout. Plyometric circuit to improve complex motor skills. Discuss warm-up/cool down and importance</p>	<p>Circuit training rubric and check sheet</p>
<p>5th week Cognitive/Affective Approximately five – 55minute periods of time to complete</p>	<p>Identify muscles of the body, muscular endurance and strength Training muscle groups. Power Point Presentation on “Muscles of the Body” or muscle video. Re-enforce identification of muscles. Use weight training form and create a five day work out for 3 weeks do using a</p>	<p>Quiz. Discuss which exercises work which muscles.</p>

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	spreadsheet. Practical Application.	
<p>6th week Approximately five – 55 minute periods of time to complete. Cognitive</p> <p>Perform</p>	<p>Objective</p> <p>Nutrition and Muscles Training muscle groups. Discussion on nutrition. Power point presentation or video on Fitness and Wellness and or Fitness and Nutrition.</p> <p>Discussion on food and how it relates to exercise. Record food consumption in journal.</p> <p>Circuit training on nutrition or caloric intake/output.</p>	<p>Assessment</p> <p>With a partner, create a food plan to go with a workout. Use the five day work out plan for class activity.</p>
<p>7th week Approximately five – 55 minute periods of time to complete Cognitive</p> <p>Perform</p>	<p>Cardio Training muscle groups. Discuss cardio respiratory system and how it applies to exercise. Circuit train using a cardio- muscular fitness circuit. Pulse check. Use the five day work out plan for class activity. Core with or without equipment. Work with partner.</p>	<p>Complete all round circuit check sheet and rubric</p>
<p>8th week Approximately five –55 minute periods of time to complete</p>	<p>Anatomy Training muscle groups Discuss in detail the anatomy of muscles.</p>	<p>Muscle Anatomy worksheet</p>

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	<p>Use the five day work out plan for class activity. Cardio. Core with or without equipment. Work with partner.</p>	
<p>9th week Approximately five –55 minute periods of time to complete Perform Affective</p>	<p>Objective FITT Training muscle groups Go over FITT Principle and how it relates to improvement on muscular strength and endurance.</p>	<p>Assessment Repeat test on 12 minute walk / run, step test, crunches, and push-ups or max-outs.</p>
<p>Connect CCSS ELA CCSS Reading CCSS Writing</p>	<p>Determine a theme or central idea of a text and analyze in detail its development over the course of the text, including how it emerges and is shaped and refined by specific details; provide an objective summary of the</p> <p>Analyze a case in which grasping point of view requires distinguishing what is directly stated in a text from what is really meant (e.g., satire, sarcasm, irony, or understatement).</p> <p>Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.</p> <p>Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details, and well-structured event sequences.</p>	

	<p>a. Engage and orient the reader by setting out a problem, situation, or observation, establishing one or multiple point(s) of view, and introducing a narrator and/or characters; create a smooth progression of experiences or even</p>	
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QUARTER 2		
CONTENT STANDARD	OBJECTIVE	ASSESSMENT
<p>10th week Approximately five – 55 minute periods of time to complete</p>	<p>Flexibility in a fitness routine. Training muscle groups Stress Management Stretches and how it relates to a fitness program. Detail discussions about warm-up / cool down. Practical application. Create a new 5 day workout routine for muscular fitness. This will be a 6 week workout plan. Student decides which cardio to use. Breathing exercises. Discussion on stress management.</p>	<p>Worksheet supplements for flexibility and stress management.</p>
<p>11th week Approximately five – 55 minute periods of time to complete Cognitive</p>	<p>Training muscle groups Explore activities used in other cultures Discussion on supplements, steroids, alcohol and tobacco. Discuss activities and explore the role of these activities in other cultures. Use the five day work out plan for class</p>	

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<p>Perform</p>	<p>activity. Cardio. Core with or without equipment. Work with partner.</p>	
<p>12th week Approximately five – 55 minute periods of time to complete Cognitive Perform</p>	<p>Safety Tips Training muscle groups Discussion on fluid replacement, exercise clothing, a heat related illnesses and heat index as it relates to exercise. Use the five day work out plan for class activity. Cardio. Core with or without equipment. Work with partner.</p>	
<p>13th week Approximately five – 55 minute periods of time to complete Perform</p>	<p>Training muscle groups Use the five day work out plan for class activity. Cardio. Core with or without equipment. Work with partner.</p>	
<p>14th week Approximately five –55 minute periods of time to complete Affective Perform</p>	<p>Training muscle groups Discussion of long term benefits of exercising. Use the five day work out plan for class activity. Evaluate how to make changes in an individual wellness plan as lifestyle changes occur. Cardio. Core with or without equipment. Work with partner</p>	<p>Analyze long-term benefits of exercising.</p>
<p>15th week Approximately five – 55 minute periods of time to complete Perform</p>	<p>Training muscle groups Use the five day work out plan for class activity. Cardio. Core with or without equipment. Work with partner.</p>	<p>Design chart on computer</p>

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<p>16th week Approximately five –55 minute periods of time to complete</p> <p>Affective</p> <p>Perform</p>	<p>Consumer Issues Training muscle groups Discuss Consumer Issues. Use the five day work out plan for class activity. Cardio. Core with or without equipment. Work with partner.</p>	<p>Begin researching and information for a presentation on fitness.</p>
<p>17th week Approximately five – 55 minute periods of time to complete</p> <p>Cognitive</p>	<p>Personal Trainer Routine Designer Demonstrate Improved fitness level Students share and discuss designed routine. Discuss health related components and how each apply to designed program using strategies and time-lines. Practical application. Students work with partner playing role of personal trainer. Present researched presentation to class on fitness.</p>	<p>Post fitness test or max-out.</p>
<p>18th week Approximately five –55 minute periods of time to complete</p> <p>Affective</p>	<p>Make up physical testing work, clean up and wrap up</p>	<p>Make up work to be done. Hand out study sheets, discuss study sheets, and review terminology. Final written exam.</p>
<p>Connect</p> <p>CCSS ELA CCSS Reading CCSS Writing</p>	<p>Determine a theme or central idea of a text and analyze in detail its development over the course of the text, including how it emerges and is shaped and refined by specific details; provide</p>	

	<p>an objective summary of the</p> <p>Analyze a case in which grasping point of view requires distinguishing what is directly stated in a text from what is really meant (e.g., satire, sarcasm, irony, or understatement).</p> <p>Cite strong and thorough textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the text.</p> <p>Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details, and well-structured event sequences.</p> <p>a. Engage and orient the reader by setting out a problem, situation, or observation, establishing one or multiple point(s) of view, and introducing a narrator and/or characters; create a smooth progression of experiences or even</p>	
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**Nutrition and Muscles
Training muscle groups.**

6th week
Approximately
five – 49 minute periods
of time to complete.

Discussion on nutrition.
Power point presentation
or video on Fitness and
Wellness and or Fitness
and Nutrition.

Discussion on food and
how it relates to exercise.
Record food consumption
in journal. Circuit training
on nutrition or caloric

Circuit Training on calorie
intake/out-take. Power
Point presentation. See
Angel.
Chapter on Nutrition in
Personal Fitness
Textbook- Roberta Stokes

intake/output.

Create a food plan to go with a workout. Use the five day work out plan for class activity. Work with a partner.

**Cardio
Training muscle groups.**

7th week
Approximately
five – 49 minute periods
of time to complete

Discuss cardio respiratory system and how it applies to exercise.
Circuit train using a cardio- muscular fitness circuit.
Pulse check.
Use the five day work out plan for class activity.
Core with or without equipment. Work with partner.

Fitness for Life Textbook
Cardio power point found on Angel.
All round circuit found on Angel

**Anatomy
Training muscle groups**

8h week
Approximately
five – 49 minute periods
of time to complete

Discuss in detail the anatomy of muscles. Use the five day work out plan for class activity.
Cardio. Core with or without equipment. Work with partner.

Fitness for Life Textbook
Muscle Anatomy Power Point in Angel

**FITT
Training muscle groups**

9th week
Approximately
five – 49 minute periods
of time to complete

Go over FITT Principle and how it relates to improvement on muscular strength and endurance.
Repeat test on 12 minute

FITT Principles found in HOPE or Per Fit Textbook.
Also on Angel
Health related test found on Angel.

walk / run, step test, crunches, and push-ups or max-outs.

Flexibility in a fitness routine.
Training muscle groups
Stress Management

10th week
 Approximately five – 49 minute periods of time to complete

Stretches and how it relates to a fitness program.
 Detail discussions about warm-up / cool down.
 Practical application.
 Create a new 5 day workout routine for muscular fitness. This will be a 6 week workout plan.
 Student decides which cardio to use.
 Breathing exercises.
 Discussion on stress management.

Use HOPE Textbook as supplement for Flexibility and stress management.
 Also so see Power points on each of these topics found on Angel.

Supplements
Training muscle groups
Explore activities used in other cultures

11th week
 Approximately five – 49 minute periods of time to complete

Discussion on supplements, steroids, alcohol and tobacco.
 Discuss activities and explore the role of these activities in other cultures.
 Use the five day work out plan for class activity.
 Cardio. Core with or

Fitness for Life Textbook
 Power point on Lifelong Fitness

without equipment.
Work with partner.

<p>Safety Tips Training muscle groups</p>	<p>12th week Approximately five – 49 minute periods of time to complete</p>	<p>Discussion on fluid replacement, exercise clothing, a heat related illnesses and heat index as it relates to exercise. Use the five day work out plan for class activity. Cardio. Core with or without equipment. Work with partner.</p>	<p>Fitness for Life Textbook Power point on Exercising Safely</p>
<p>Training muscle groups</p>	<p>13th week Approximately five – 49 minute periods of time</p>	<p>Use the five day work out plan for class activity. Cardio. Core with or without equipment. Work with partner.</p>	<p>Fitness for Life Textbook</p>
<p>Analyze long-term benefits of exercising. Training muscle groups</p>	<p>14th week Approximately five – 49 minute periods of time to complete</p>	<p>Discussion of long tem benefits of exercising. Use the five day work out plan for class activity. Evaluate how to make changes in an individual wellness plan as lifestyle changes occur. Cardio. Core with or</p>	<p>Templates and suggestions for developing routines on Angel.</p>

		without equipment. Work with partner.		
Training muscle groups	15th week Approximately five – 49 minute periods of time to complete	Use the five day work out plan for class activity. Cardio. Core with or without equipment. Work with partner.	Design chart on computer	
Consumer Issues Training muscle groups	16th week Approximately five – 49 minute periods of time to complete	Discuss Consumer Issues. Use the five day work out plan for class activity. Cardio. Core with or without equipment. Work with partner. Begin researching and information for a presentation on fitness.	See Consumer Issues in Personal Fitness Textbook- Roberta Stokes	
Personal Trainer Routine Designer Demonstrate Improved fitness level.	17th week Approximately five – 49 minute periods of time to complete	M.1.5, M.1.12, M.1.13, M.1.16, M.1.19, M.1.30, M.1.34, M.1.35, C.1.11, L.1.1, L.1.2, L.2.1, L.2.7, R.2.2, R.1.3,R.1.4, R.1.5 LA.910.5.2.5 (x-curricular)	Students share and discuss designed routine. Discuss health related components and how each apply to designed program using strategies and time-lines. Practical application. Students work with partner playing role of personal trainer. Present researched presentation to class on	See Angel.

fitness.
Post fitness test or max-
out.

**Make up physical testing work,
clean up and wrap up** 18th week
Approximately
five – 49 minute periods of
time to complete

M.1.34, M.1.35, R.1.1,R.1.3,
R.1.4

Make up work to be done.
Hand out study sheets, discuss
study sheets, and review
terminology.
Final written exam.
Locker clean