

Strength Training

Carone Learning Category: Lifestyle

Subject: Physical Education

Recommended Grade Level: 10-12

Course Credit: One semester, 0.5 credits (5 units in CA)

Recommended Pre-Requisites: None

Course Description

This one-semester course by Carone Fitness focuses on the fitness components of muscular strength and endurance. Throughout this course students establish their fitness level, set goals, and design their own resistance training program. They study muscular anatomy and learn specific exercises to strengthen each muscle or muscle group. Students focus on proper posture and technique while training. They also gain an understanding of how to apply the FITT principles and other fundamental exercise principles, such as progression and overload, to strength training.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Getting Started**
 - 1.1 Fitness Assessment & Analysis
 - 1.2 Getting Started
 - 1.3 Training Plan
- **Unit 2: Principles & Technique**
 - 2.1 Warm Up & Cool Down
 - 2.2 Technique & Safety
 - 2.3 Principles of Strength Training
 - 2.4 Strength Training Equipment
- **Unit 3: Strength Training Exercises**
 - 3.1 Upper Body Strength
 - 3.2 Lower Body Strength
 - 3.3 Core Strength
- **Unit 4: Total Wellness**
 - 4.1 Benefits of Strength Training
 - 4.2 Injury Treatment & Prevention
 - 4.3 Diet & Exercise
 - 4.4 Cross-Training
- **Unit 5: Post Assessment**
 - 5.1 Post Assessment

Within each section students will find the following tasks to view or complete:

1. **Game Plan**—an outline of tasks for that section
2. **Lesson**—multimedia lessons about the section topic

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3. **Sprint**—links to other online sites with additional fitness information
4. **Team Huddle***—class discussion on an assigned topic
5. **Assignment***—section assignment
6. **Quiz***—test your comprehension of the lessons
7. **Strength & Fitness Log***—a record of workout sessions for each week

The items noted with an asterisk above are those that must be submitted for a grade.

Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

Exercise Requirements

12 weeks of exercise at 3 hours per week is required for this course. An accelerated course version is available that requires 8 weeks of exercise at 4 hours per week. All fitness logs require at least ONE form of verification, which can be provided by a supervising adult, a MOVband device, or a Polar heart rate monitor.

As this is a strength training course, students are required to complete at least 90 minutes of strength training as part of their weekly exercise. Elements of cardio and stretching are also required. Suggested strength training programs are provided for various levels.

Exercise Library

This course includes complimentary access to Carone Learning's Exercise Library, with pictures, videos, and descriptions of almost 300 exercises. The library is searchable by exercise type, muscle group, or equipment (including resistance bands, weights, exercise balls, or no equipment at all).

Parent & Teacher Guides

Parent and teacher guides available.

Additional Materials

There are no required textbooks for this course. It is strongly recommended that students have access to some kind of resistance training equipment (resistance band, dumbbells, weight machines, etc)—although some strength exercise can be done with body weight alone. The following equipment is available through Carone Learning,

- Polar Heart Rate Monitor
- MOVband

Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word), MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.