

Phoenix Christian High School PED0100 Weight Training & Conditioning Course Scope & Sequence (2010)

COURSE DESCRIPTION

The Weights & Conditioning course introduces students to proper lifting techniques, weight room safety, exercise design, and biomechanics. This course will incorporate both learning the technique along with performing, demonstrating, and being able to explain what muscle groups are involved with each lift. Some cardiovascular training and education will be done in this course with respect to proper nutrition, diet, and program design. This course provides weight training for various sports teams and personal fitness. Through this course, the student will:

- Understand overall general health and physical fitness.
- Increase strength, endurance, and flexibility.
- Instill body awareness and positive self-image.
- Increase knowledge of total physical fitness.
- Learn how to glorify God in a workout. This includes Living in the Spirit (Romans 8:6), Love for Others (John 13:34-3), and Edification (1 Corinthians 14:26).

COURSE SCOPE AND SEQUENCE

First Quarter

Unit 9 Weeks

Key Concepts: Gym Safety and Etiquette, Stretching and Warm-ups, Nutrition, Routines and Workouts, Fatigue, Mentality, Emotions, Rest and Recuperation, Thoughts and Focus.

Assessments: Participation and Effort, Following Instructions, Proper Attire – Preparation – and Punctuality.

Biblical Integration: II Timothy tells us to endure hardness and so with exercise we may focus on endurance and fatigue as being obstacles that God has set for us. It also states that “similarly, if anyone competes as an athlete, he does not receive the victor’s crown unless he competes according to the rules.” II Timothy 2:5

Second Quarter

Unit 9 Weeks

Key Concepts: Goals, Health, Pain and Body Awareness, Battling the Flesh, Lifestyle, Injuries, Speed Training, Plyometrics, Real and Living Relationship with God.

Assessments: Participation and Effort, Following Instructions, Proper Attire – Preparation – and Punctuality.

Biblical Integration: I Corinthians states that “everyone who competes in the games, goes into strict training. I Corinthians 9:25. We take care of our mind, soul, and body in Christ’s name and for his glory.