

Strength Training

Course Outline & Pacing Guide

This schedule is a recommended pacing chart for the course. It shows the sections, tasks, assignments, and points possible. Each section is designed to be completed in about one week's time for a 16 week course. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your teacher may also have a set schedule he/she would prefer you to use. Check with your instructor if you have any questions.

Section	Type of Assignment	Assignment	Points Possible	Due Date
Course Introduction				
Intro	Multimedia Lesson	Course Introduction	n/a	
Intro	Multimedia Lesson	Course Tasks	n/a	
Intro	Multimedia Lesson	Exercise Requirements	n/a	
Intro	Multimedia Lesson	Strength & Fitness Log	n/a	
Intro	Team Huddle/Discussion	Introduce Yourself	5	
Intro	Quiz	Intro Quiz	10	
Intro	Assignment	Course Contract	10	
Unit 1 Getting Started				
Section 1.1 Fitness Assessment & Analysis				
1.1	Multimedia Lesson	Fitness Assessment	n/a	
1.1	Multimedia Lesson	Strength Assessment	n/a	
1.1	Multimedia Lesson	Fitness Analysis	n/a	
1.1	Sprint/Online Links	View Additional Links	n/a	
1.1	Team Huddle/Discussion	Assessing Fitness	5	
1.1	Assignment	Assessment & Analysis	35	
1.1	Quiz	Quiz 1.1	20	
Section 1.2 Getting Started				
1.2	Multimedia Lesson	Goal Setting	n/a	
1.2	Multimedia Lesson	FITT Principles	n/a	
1.2	Multimedia Lesson	Getting Started	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle/Discussion	Workout Roadblocks	5	
1.2	Assignment	Goal Setting	20	
1.2	Quiz	Quiz 1.2	20	
1.2	Assignment	Strength & Fitness Log 1	45	
Section 1.3 Training Plan				
1.3	Multimedia Lesson	Motivation	n/a	
1.3	Multimedia Lesson	Training Log	n/a	
1.3	Multimedia Lesson	Strength Training Plans	n/a	
1.3	Sprint/Online Links	View Additional Links	n/a	
1.3	Team Huddle/Discussion	Muscle Group	5	
1.3	Assignment	Training Plan	20	
1.3	Quiz	Quiz 1.3	20	
1.3	Assignment	Strength & Fitness Log 2	45	
Unit 2 Principles & Technique				
Section 2.1 Warm Up & Cool Down				

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2.1	Multimedia Lesson	Warm Up	n/a	
2.1	Multimedia Lesson	Cool Down	n/a	
2.1	Multimedia Lesson	Stretching	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle/Discussion	Warm Up & Cool Down	5	
2.1	Assignment	Magazine Article	20	
2.1	Quiz	Quiz 2.1	20	
2.1	Assignment	Strength & Fitness Log 3	45	
Section 2.2 Technique & Safety				
2.2	Multimedia Lesson	Strength Training Technique	n/a	
2.2	Multimedia Lesson	Strength Training Guidelines	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle/Discussion	Common Errors	5	
2.2	Assignment	Posing with Posture	20	
2.2	Quiz	Quiz 2.2	20	
2.2	Assignment	Strength & Fitness Log 4	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Section 2.3 Principles of Strength Training				
2.3	Multimedia Lesson	Muscle Function	n/a	
2.3	Multimedia Lesson	Strength Training Principles	n/a	
2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle/Discussion	Power Song	5	
2.3	Assignment	Analyzing the Athlete	20	
2.3	Quiz	Quiz 2.3	20	
2.3	Assignment	Strength & Fitness Log 5	45	
Section 2.4 Strength Training Equipment				
2.4	Multimedia Lesson	Strength Training Equipment	n/a	
2.4	Multimedia Lesson	Evaluating a Gym	n/a	
2.4	Sprint/Online Links	View Additional Links	n/a	
2.4	Team Huddle/Discussion	Selecting a Gym	5	
2.4	Assignment	Designing a Gym	20	
2.4	Quiz	Quiz 2.4	20	
2.4	Assignment	Strength & Fitness Log 6	45	
Unit 3 Strength Training Exercises				
Section 3.1 Upper Body Strength				
3.1	Multimedia Lesson	Muscular Anatomy	n/a	
3.1	Multimedia Lesson	Upper Body Exercises 1	n/a	
3.1	Multimedia Lesson	Upper Body Exercises 2	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle/Discussion	Upper Body Strength	5	
3.1	Assignment	Training Plan Modifications	20	
3.1	Quiz	Quiz 3.1	20	
3.1	Assignment	Strength & Fitness Log 7	45	
Section 3.2 Lower Body Strength				
3.2	Multimedia Lesson	Lower Body Exercises 1	n/a	

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3.2	Multimedia Lesson	Lower Body Exercises 2	n/a	
3.2	Multimedia Lesson	Lower Body Exercises 3	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	
3.2	Team Huddle/Discussion	Leg Strength	5	
3.2	Assignment	Muscle Research	20	
3.2	Quiz	No Quiz	n/a	
3.2	Assignment	Strength & Fitness Log 8	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Section 3.3 Core Strength				
3.3	Multimedia Lesson	Core Exercises 1	n/a	
3.3	Multimedia Lesson	Core Exercises 2	n/a	
3.3	Multimedia Lesson	Core Exercises 3	n/a	
3.3	Sprint/Online Links	View Additional Links	n/a	
3.3	Team Huddle/Discussion	Core Strength	5	
3.3	Assignment	Personal Training	20	
3.3	Quiz	No Quiz	n/a	
3.3	Assignment	Strength & Fitness Log 9	45	
Unit 4 Total Wellness				
Section 4.1 Benefits of Strength Training				
4.1	Multimedia Lesson	Benefits of Strength Training	n/a	
4.1	Multimedia Lesson	Strength Training Myths	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle/Discussion	Important Benefits	5	
4.1	Assignment	Benefits Speech	20	
4.1	Quiz	Quiz 4.1	20	
4.1	Assignment	Strength & Fitness Log 10	45	
Section 4.2 Injury Treatment & Prevention				
4.2	Multimedia Lesson	Illness & Injury Prevention	n/a	
4.2	Multimedia Lesson	Common Injuries & Treatment	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle/Discussion	Safety Procedures	5	
4.2	Assignment	Health Care Professional	20	
4.2	Quiz	Quiz 4.2	20	
4.2	Assignment	Strength & Fitness Log 11	45	
Section 4.3 Diet & Exercise				
4.3	Multimedia Lesson	Diet & Exercise	n/a	
4.3	Multimedia Lesson	Strength Training & Nutrition	n/a	
4.3	Multimedia Lesson	Steroids & Supplements	n/a	
4.3	Sprint/Online Links	View Additional Links	n/a	
4.3	Team Huddle/Discussion	Supplements	5	
4.3	Assignment	Becoming a Good Consumer	20	
4.3	Quiz	Quiz 4.3	20	
4.3	Assignment	Strength & Fitness Log 12	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	

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Section 4.4 Cross-Training				
4.4	Multimedia Lesson	Cross-Training	n/a	
4.4	Sprint/Online Links	View Additional Links	n/a	
4.4	Team Huddle/Discussion	Cross Training Activities	5	
4.4	Assignment	What is Missing?	20	
4.4	Quiz	Quiz 4.4	20	
4.4	Assignment	Strength & Fitness Log 13	*Optional	
Unit 5 Post Assessment				
Section 5.1 Strong for Life				
5.1	Multimedia Lesson	Post Fitness Assessment	n/a	
5.1	Multimedia Lesson	Post Strength Assessment	n/a	
5.1	Multimedia Lesson	Strong for Life	n/a	
5.1	Team Huddle/Discussion	Course Reflection	5	
5.1	Assignment	Post Assessment	35	
5.1	Assignment	Strength & Fitness Log 14	*Optional	

*Only 12 Strength & Fitness Logs are required throughout the semester. Optional days to submit a Strength & Fitness Log are included for make-up, in case of missed weeks.

**Parent verification of the Strength & Fitness Logs is required every four weeks. The student will not receive additional points for the parent verification. However, the student will LOSE points for his/her Strength & Fitness Logs if the parent verification is not submitted.