

Athletic Development

<p>Academic Standard #7 Each student will have demonstrated competent skills in a variety of physical activities and sports, physical fitness, knowledge of factors important to participation in physical activity, and concepts related to health.</p>
<p>#7.1 Movement Competence and Understanding</p>
<p>#7.2 Physical and Personal Wellness</p>
<p>#7.3 Emotional and Social Wellness</p>
<p>#7.4 Prevention and Risk Management</p>

Description

The purpose of the Athletic Development class is to give the student athlete an opportunity to reach his/her maximum potential as a student athlete. The athlete will master the techniques of three core lifts including the Bench Press, Squat, and Clean. The core lifts will be supplemented by auxiliary lifts, fitness, and speed drills, which can be varied according to the needs of the athlete. Weight training programs will be tailored to fit the specific needs of athletes relative to their sports. The athlete will also work on speed development where agility and low stress plyometrics will be used to develop the athlete’s quickness. Alternatively, the athlete may work on physical conditioning drills to enhance endurance and performance. Lifting and quickness techniques will be stressed to insure safety and maximum development, along with stretching and flexibility exercises to increase the athlete’s flexibility.

Time Allocation
 90 minutes per day

Texts/References

The New Encyclopedia of Modern Bodybuilding
Strength Training Anatomy
Complete Conditioning for Football
 Periodicals relating to weight training
Training for Speed, Agility and Quikness
High-powered Plyometrics
Sports Speed
Bigger Faster Stronger: The Proven System for Building Athletes
Foundations of Fitness
Concepts of Physical Fitness
Diets Designed for Athletes

Assessments

Formative
 Pre-tests
 Performance Skills Tests (pre and post-tests)

Summative
 Teacher-constructed tests and quizzes
 Standards-based projects
 Final test (post-test)

Grades and Achievement Levels
 Grades based on participation, tests/quizzes, completion of assignments, and quality of work.

Course Expectations: PE Athletic Development

Standard #7.1 Movement Competence and Understanding	Standard #7.2 Physical and Personal Wellness	Standard #7.3 Emotional and Social Wellness	Standard #7.4 Prevention and Risk Management
<ul style="list-style-type: none">• Understanding of the cognitive impact of movement• Application of rules, principles, and concepts to weight training	<ul style="list-style-type: none">• Establishing goals based on assessment data, and develop, implement, achieve, and monitor an individual weight training plan• Identifying community resources to maintain lifelong physical activity	<ul style="list-style-type: none">• Demonstration of respect for individual differences in physical activity settings• Demonstration of collaboration, cooperation, and leadership skills• Demonstration of responsible behavior in group settings	<ul style="list-style-type: none">• Understanding the risks and safety factors that may affect participation in weight training

Evidence Outcomes: PE Athletic Development

<p>Standard #7.1 Movement Competence and Understanding</p>	<p>Standard #7.2 Physical and Personal Wellness</p>	<p>Standard #7.3 Emotional and Social Wellness</p>	<p>Standard #7.4 Prevention and Risk Management</p>
<ol style="list-style-type: none"> 1. Identified, explained, and applied the skill related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels 2. Explained and demonstrated training and conditioning practices that have the greatest impact on skill acquisition 3. Demonstrated ability to combine and perform movement sequences 4. Explained the principles of weight training 5. Used internal and external information to modify movement during performance 6. Define and apply the F.I.T.T. formula as it relates to weight training 7. Described the various resistance exercises for specific muscle groups 8. Assessed technique used in various weight training activities 9. Demonstrated the ability to use cognitive information to understand and enhance motor skill acquisition and performance (i.e. left/right dominance factor) 10. Created or modified practice and training plans based on evaluative feedback of skill acquisition and performance in a variety of lifelong activities 	<ol style="list-style-type: none"> 1. Designed and participated in activities that improve all components of health-related fitness 2. Assessed the components of health related physical fitness 3. Examined fitness assessment data, and develop a plan to show personal improvement toward achievement of weight training and athletic performance goals 4. Planned an extended personal physical fitness program in collaboration with an instructor 5. Identified and accessed physical activity opportunities in the communities 6. Evaluated the availability and quality of fitness resources in the community 7. Participated willingly in weight training activities that contribute to the attainment of personal goals and the maintenance of wellness 8. Explained the benefits of participation in weight training 9. Participated in a variety of self-selected weight training activities, and evaluated the value of each as it relates to personal weight training goals 10. Demonstrated appropriate knowledge of basic nutrition 11. Demonstrated appropriate knowledge of basic anatomy 	<ol style="list-style-type: none"> 1. Acknowledged the performance of others, regardless of the outcome 2. Participated with others in all types of weight training activities, regardless of their race or ethnicity, gender, or culture 3. Practiced conflict management and listening skills in a competitive atmosphere 4. Contributed to group success through a variety of noncompetitive roles 5. Initiated responsible behavior, and function independently and cooperatively 6. Influenced positively the behavior of others in physical activity settings 7. Abided by the decisions of officials, accept the outcome of the game, and show appreciation toward participants 8. Compared and contrasted different leadership skills required in a variety of physical activities, and weight training 9. Engaged in physical activity with others 	<ol style="list-style-type: none"> 1. Described and demonstrated the correct use of equipment for a variety of weight training activities 2. Identified and applied principles from biomechanics and exercise physiology necessary for safe performance of physical activities 3. Demonstrated proper spotting techniques for all lifts and exercises that require spotting 4. Inspected equipment and facilities for safety hazards prior to participation 5. Explained strategies for the prevention of injuries when engaging in weight training activities 6. Described emergency procedures for a physical education setting 7. Demonstrated proper technique when performing weight training exercises for specific muscle groups 8. Demonstrated the application of rules, strategies and behaviors in a variety of physical activity and sports

Evidence Outcomes: PE Athletic Development continued

Standard #7.1 Movement Competence and Understanding	Standard #7.2 Physical and Personal Wellness	Standard #7.3 Emotional and Social Wellness	#7.4 Prevention and Risk Management
	<ul style="list-style-type: none">12. Identified primary muscle groups used in weight training exercises13. Improved level of muscular strength and endurance	<ul style="list-style-type: none">10. Displayed empathy toward the feelings of, others during physical activities11. Accepted the diversity and individual differences in participation in physical activity12. Accepted the roles of group members within the structure of a game or activity	