



## Northern York County School District

### Curriculum Overview

<b>Course: Advanced Fitness</b>	
<b>Grade Level: 11<sup>th</sup>-12<sup>th</sup></b>	
<b>Development/Revision Date: May 2022</b>	<b>Length of Time: 90 Days</b>
<b>Course Description:</b> Advanced progressive training techniques are implemented through our Physical Education courses to improve students' overall level of fitness and help prevent injury. Students will engage in an in-depth study of exercise science and varied fitness program development. Evaluation of students will be conducted through initial assessment results that will be compared to their quarterly performances testing their strength and fitness levels as well as their knowledge of exercise science principles being studied. Through the development of skills and practices, students will become proficient based on the PA Core Standards.	
<b>Course Objectives:</b> <ul style="list-style-type: none"><li>• Gain an in-depth knowledge of exercise science and program development</li><li>• Develop an understanding of the relationship between physical fitness and overall wellness</li><li>• Apply appropriate safety practices and procedures in physical activities.</li></ul>	
<b>Units:</b> <ul style="list-style-type: none"><li>• Introduction and Fitness Testing</li><li>• Principles of Exercise Science</li><li>• Muscle Groups</li><li>• Optimal Performance Training Module of Progression</li><li>• Cardio/Respiratory Training</li><li>• Nutrition for Athletes</li><li>• Introduction to Programming</li><li>• Speed and Agility Training</li><li>• Individualized Training (Train the Trainer)</li></ul>	
<b>Related Standards:</b> <b>Standard - 10.3.12.D</b> Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. <b>Standard - 10.4.12.A</b> Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. <b>Standard - 10.4.12.B</b> Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. <b>Standard - 10.5.12.B</b> Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. <b>Standard - 10.5.12.D</b> Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use	

**Standard - 10.5.12.E**

Evaluate movement forms for appropriate application of scientific and biomechanical principles.

**Concepts:**

- Specific exercise programming and principles
- Critical thinking, collaboration, and communication
- Muscle group functions and performance
- Performance training progressions and developments

**Competencies:**

- Plan and implement exercise programming to support specific goals and outcomes
- Use supporting research to develop understanding of the impacts on programming and exercise science practices
- Differentiate scientific principles needed for desired outcomes
  - Cardiovascular compacity building
  - Muscular endurance focus
  - Sport specific training needs
  - Injury prevention and recovery
- Collaborate with teacher and peer groups to enhance learning experiences and develop advanced physical training skills

**Learning Activities:**

- Strength Training
- Aerobic Conditioning
- Collaboration for Program and Safety Measures
- Analysis and Reflection

**Performance Tasks:**

- Fitness Tests
- Performance of Activities
- Program for Specific Physical Goals
- Measure Growth through Physical Performances

**Other Assessment Measures:**

Pre/post assessments, daily participation, fitness log, enrichment assignments

**Textbook/Primary Resource:**

Online research articles and journal publications

**Supplemental Resource Materials:**

Fitness apps and trackers for running/weightlifting (Nike+, MapMyRun, Iron Path, Fitness buddy, Imuscle2 etc.)