STRENGTH AND CONDITIONING

Course Description
Students will have the opportunity to develop their knowledge of factors contributing to fitness, and will be able to engage in a range of fitness based activities.

Learning Outcomes
Participates enthusiastically in a range of activities designed to improve fitness (participation)
Designs a fitness program demonstrating a knowledge of specific testing and training methods (class presentation)
Displays a knowledge of the factors contributing to fitness (video presentation)
Demonstrates an understanding of the principles of training (test and ongoing)
Demonstrates an understanding of the muscular system & skeletal system (test)
Demonstrates an understanding of good nutrition and its role in enhancing strength and conditioning (continuous)
Understands and applies strategies that address hygiene, health and safety in strength and conditioning, including appropriate footwear. (uniform)
Demonstrates an improvement in fitness (participation and physical testing)

Work Practice Outcomes
Comes prepared for class
Displays acceptable behaviour
Works cooperatively
Displays positive attitude

Materials Required
An exercise book is needed for theory lessons. Students are also required to change into appropriate PE clothing for each lesson (light blue shirt, joggers and shorts/tracksuit). It is also necessary for students to bring a water bottle, hat, towel and sunscreen where possible. Mobile phones may be used as part of the class in consultation with the teacher.

Typical Homework
Students are required to catch up on any missed work and devote some time to assignments and test preparation during the theory units.

Assessment Items
Class work – contribution - bookwork
Participation in fitness development
Assignment - Fitness Class Presentation
Assignment/ Muscle Development Video (Information Text)
Semester test
Hygiene, health and safety compliance.

Due Date
Ongoing
Ongoing
Week 5 -15
Week 10
Week 16
Ongoing