

CAMPBELL HIGH SCHOOL
COURSE OUTLINE
Semester 2 2018

STRENGTH AND CONDITIONING

Teacher: Mackenzie, Mongan, Makowski

Course Description

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

Learning Outcomes

- Participates enthusiastically in a range of activities designed to improve fitness (practical participation)
- Designs a fitness program demonstrating a knowledge of specific testing and training methods (assignment)
- Displays a knowledge of the factors contributing to fitness (practical participation)
- Demonstrates an understanding of the principles of training (test)
- Demonstrates an understanding of the muscular system & skeletal system (test)
- Demonstrates an understanding of good nutrition and its role in enhancing strength and conditioning (test)
- Understands and applies strategies that address hygiene, health and safety in strength and conditioning, including appropriate footwear. (Practical and theory)
- Demonstrates an improvement in personal fitness levels (practical participation)

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

- Participation in practical activities
- Fitness development/improvement
- Assignment - Fitness Class Presentation
- Semester test
- Hygiene, health and safety compliance.

Due Date

- Ongoing
- Ongoing
- Week 4 -15
- Week 16
- Ongoing

Parent Signature _____

Student Signature _____

Date _____