

Course Description

A. COVER PAGE

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| Date of Submission (Please include Month, Day and Year) | |
| 1. Course Title PE Course 3 Weight Training & Fitness | 9. Subject Area <input type="checkbox"/> History/Social Science <input type="checkbox"/> English <input type="checkbox"/> Mathematics <input type="checkbox"/> Laboratory Science <input type="checkbox"/> Language other than English <input type="checkbox"/> Visual & Performing Arts <input type="checkbox"/> Intro <input type="checkbox"/> Advanced <input type="checkbox"/> College Prep Elective |
| 2. Transcript Title(s) / Abbreviation(s) PE3 Wt-Fit A/B | |
| 3. Transcript Course Code(s) / Number(s) | |
| 4. School All comprehensive school sites | |
| 5. District Santa Maria Joint Union High School | |
| 6. City Santa Maria | |
| 7. School / District Web Site www.smjuhsd.org | 10. Grade Level(s) for which this course is designed <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12 |
| 8. School Course List Contact Name: Lorene Yoshihara Title/Position: Dept. Head/Teacher Phone: 805-925-2567 Ext.: 3536 E-mail: lyoshihara@smjuhsd.org | 11. Seeking "Honors" Distinction? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No |
| 12. Unit Value <input type="checkbox"/> 0.5 (half year or semester equivalent) <input checked="" type="checkbox"/> 1.0 (one year equivalent) <input type="checkbox"/> 2.0 (two year equivalent) <input type="checkbox"/> Other: _____ | |
| 13. Is this an Internet-based course? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If "Yes", who is the provider? <input type="checkbox"/> UCCP <input type="checkbox"/> PASS/Cyber High <input type="checkbox"/> Other _____ | |
| 14. Complete outlines are not needed for courses that were previously approved by UC. If course was previously approved, indicate in which category it falls. <input type="checkbox"/> A course reinstated after removal within 3 years. Year removed from list? _____ Same course title? <input type="checkbox"/> Yes <input type="checkbox"/> No If no, previous course title? _____ <input type="checkbox"/> An identical course approved at another school in same district. Which school? _____ Same course title? <input type="checkbox"/> Yes <input type="checkbox"/> No If no, course title at other school? _____ <input type="checkbox"/> Year-long VPA course replacing two approved successive semester courses in the same discipline <input type="checkbox"/> Approved Advanced Placement (AP) or International Baccalaureate (IB) course <input type="checkbox"/> Approved UC College Prep (UCCP) Online course <input type="checkbox"/> Approved CDE Agricultural Education course <input type="checkbox"/> Approved P.A.S.S./Cyber High course <input type="checkbox"/> Approved ROP/C course. Name of ROP/C? _____ <input type="checkbox"/> Approved A.V.I.D. course <input type="checkbox"/> Approved C.A.R.T. course <input type="checkbox"/> Approved Project Lead the Way course <input type="checkbox"/> Other. Explain: _____ | |

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| <p>15. Is this course modeled after an UC-approved course from another school <u>outside</u> your district? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>If so, which school(s)? _____</p> <p>Course title at other school _____</p> |
| <p>16. Pre-Requisites</p> <p>Completion of PE Course 1</p> <p>Completion/Concurrent of PE Course 2</p> |
| <p>17. Co-Requisites</p> |
| <p>18. Is this course a resubmission? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>If yes, date(s) of previous submission? _____</p> <p>Title of previous submission? _____</p> |
| <p>19. Brief Course Description</p> <p>This course will concentrate in the areas of weight training & fitness (i.e. weights, stretching, cardio exercises, etc.).</p> |

B. COURSE CONTENT

Please refer to instructions

20. Course Goals and/or Major Student Outcomes

- A. Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
- B. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- C. Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

21. Course Objectives

- A. Students will demonstrate proper spotting techniques for all lifts and exercises that require spotting.
- B. Students will list the safety equipment required for participation in weight training and fitness activities; describe and demonstrate the use of such equipment.
- C. Students will observe and analyze the lifting techniques and/or the plyometric exercise of another person (or oneself through video) and write an analysis of the performance.
- D. Students will establish a set of personal physical fitness goals, using the principles of training, and create a strength-training and conditioning program.
- E. Students will demonstrate and explain the techniques and concepts of three types of weight training programs.
- F. Students will demonstrate and explain the concepts of two different conditioning programs.
- G. Students will display safe and responsible behavior while training.
- H. Students will evaluate the risks and safety factors that may affect participation in weight training and fitness activities throughout a lifetime.
- I. Students will explain how to select and modify weight training and fitness activities to allow for participation by younger children, the elderly, and individuals with special needs.

22. Course Outline

PE Course 3 – Weight Training and Fitness Activities is an elective class designed to be taken after successful completion of PE Course 1 & 2. This course will provide students with the opportunity to further explore a physical activity in search of one they can enjoy and participate in for a lifetime. Students will expand their capabilities for independent learning; and they examine practices that allow for sound decision making to enhance successful participation in movement activities. This course will concentrate in the area of team, individual and dual activities (i.e. weights, cardio equipment, stretching, plyometric, etc.).

23. Texts & Supplemental Instructional Materials

24. Key Assignments

25. Instructional Methods and/or Strategies

Instructional methods and/or strategies may include the following:

- A. Lecture
- B. Demonstration
- C. Participation
- D. Group work
- E. Lab work
- F. Project-based learning
- G. Videos/audiotape
- H. Research
- I. Field Trip
- J. Textbook

26. Assessment Methods and/or Tools

Assessment methods and/or tools may include the following:

- A. Participation
- B. Attendance
- C. Quizzes
- D. Exams
- E. Projects
- F. Homework assignments

C. HONORS COURSES ONLY

Please refer to instructions

27. Indicate how this honors course is different from the standard course.

D. OPTIONAL BACKGROUND INFORMATION

Please refer to instructions

28. Context for Course (optional)

29. History of Course Development (optional)