



PHYSICAL AND HEALTH EDUCATION DEPARTMENT

GRADE 11 - INTRODUCTION TO STRENGTH AND CONDITIONING

Course Code: PAF 309 (Boys)

Level: Open

Prerequisites: None

Credit Value: 1 Credit

Courseware Developed by: The Physical and Health Education Department

Courseware Reviewed yearly by: The Physical and Health Education Department

Ministry of Education Document: The Ontario Curriculum, Grade 11 & 12, Health and Physical Education, 1999

Course Resources: BFS Set/Rep Log Book

O.P.H.E.A. Grade Eleven Supplement

Text Book: Healthy Active Living, Temertzoglou, Ted, Thompson Educational Publishing, Toronto, 2007

Accessing Course Outlines and Curriculum Policy Documents:

School Website: <http://drgwilliams.ss.yrdsb.edu.on.ca/>

Ontario Ministry of Education: <http://www.edu.gov.on.ca/>

COURSE DESCRIPTION: This course emphasizes regular participation and fitness improvement through resistance training, core stability training and various cardiovascular activities. Students will learn movement skills and principles related to weight training, ways to improve personal fitness and physical competence, program design, safety and injury prevention. Students will investigate issues related to anatomical movements, strength development, bodybuilding techniques and principals, nutrition and overall well-being. The class will be following the BFS training program.

The main goals of the course are to introduce the principles and techniques of strength and conditioning and bodybuilding in a safe and fun environment. Students are required to maintain a daily fitness log as well as an organized notebook for classroom sessions.

For the weight room component of the course students will have some choice with regards to exercise chosen. However, you **MUST** follow the program designed by the teacher. You must maintain a training log, in which all details of training are recorded; you are encouraged to log activity outside of class as well. Training logs will be assessed weekly for accuracy and completeness.

Students will be in the classroom one day per week and in physical education four days. Each student must wear a proper school uniform for physical education classes. These are available at registration and at the school store.

COURSE FEES

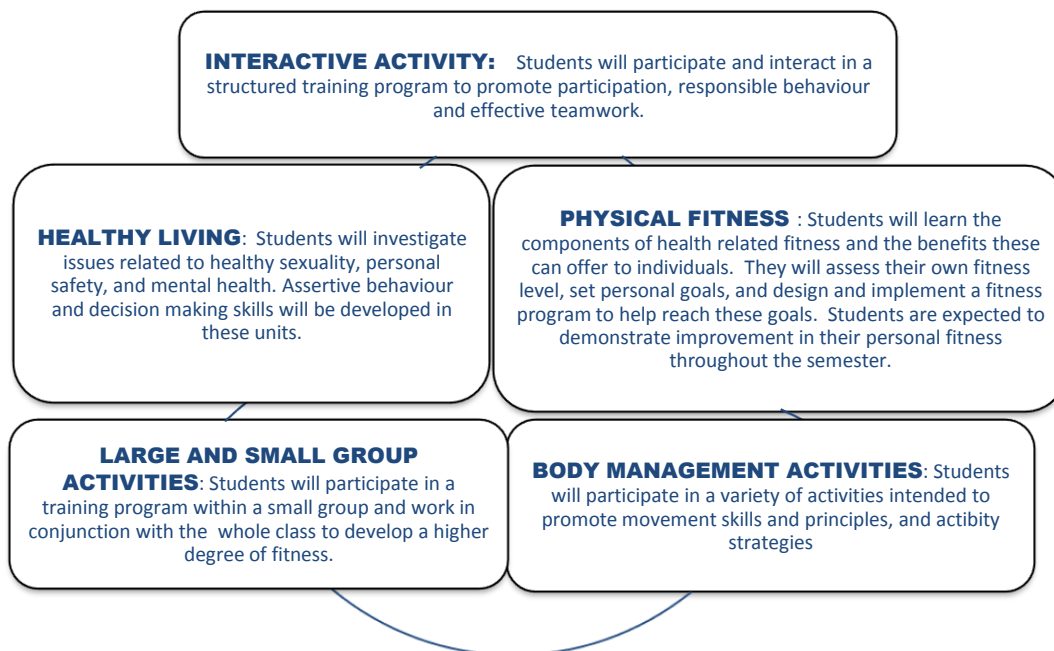
Uniform Package: \$28.00 includes 2 shirts and 1 pair of shorts
(or shirt \$10.00 and shorts \$15.00)

Physical And Health Education Department Members:

Ms. S. Milburn - Subject head,

Mr. K. Bulmer, Ms. S. Crabtree, Mrs. N. Mann, and Mr. K. Ravelle

UNITS OF STUDY



OVERALL CURRICULUM EXPECTATIONS

This course is divided into the following four strands.

*Within each strand **the students will be expected to:***

PHYSICAL ACTIVITY:

- demonstrate personal competence in applying movement skills and principles;
- demonstrate knowledge of guidelines and strategies that enhance participation in weight training and body building.

ACTIVE LIVING:

- Participate regularly in a balance instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation
- Demonstrate improvement in personal health-related physical fitness
- Demonstrate safe practices regarding the safety of themselves and others

HEALTHY LIVING:

- Demonstrate an understanding of sexual and reproductive health;
- Demonstrate, in a variety of settings, the knowledge and skills that reduce risk to personal safety;
- Describe the influence of mental health on overall well-being;

LIVING SKILLS:

- Use decision-making and goal-setting skills to promote healthy active living;
- Demonstrate an ability to use stress management techniques;
- Demonstrate the social skills required to work effectively in groups and develop positive relationships with their peers.

INSTRUCTIONAL STRATEGIES

Instructional strategies may include Game Play, Demonstration, Socratic Teaching, Note Taking, Group Work, Presentation, Drills, Practice, Discussion and Peer Coaching.

ASSESSMENT AND EVALUATION

Students will be provided with specific DUE dates and ABSOLUTE DEADLINES for all assignments. The above Units of Study will constitute **70%** of the student's overall evaluation. Within each unit students will be assessed and evaluated under four achievement categories.

TERM WORK VALUE: 70%

KNOWLEDGE AND UNDERSTANDING 20%	THINKING AND INQUIRY 10%	COMMUNICATION 10%	APPLICATION 60%
<ul style="list-style-type: none"> z Quizzes z Tests z Assignments z Diagrams 	<ul style="list-style-type: none"> z Quizzes z Tests z Assignments z Diagrams z Strategies z Tactics z Labs 	<ul style="list-style-type: none"> z Assignments z Presentations z Journals/Logs z Demonstrations z Team/Game play z Poster/pamphlets 	<ul style="list-style-type: none"> z Daily Participation z Personal Fitness z Training Principles z Movement Skills z Safe Practices z Personal/Interpersonal Skill, including teamwork, fair play, and etiquette z Leadership z Initiative

SUMMATIVE WORK VALUE: 30%

Summative Health Project	10%
Fitness Testing	10%
Final Exam	10%

LEARNING SKILLS

Students will be assessed throughout the course on their achievement in the learning skills areas. These assessments may be teacher, peer or self assessments.

(Abridged list of Learning Skills descriptors from Curriculum Guidelines for Grades 9 - 12)

Responsibility	Organization	Independent Work	Collaboration	Initiative	Self - Regulation
<ul style="list-style-type: none"> -fulfils responsibilities and commitments within the learning environment -completes and submits class work, homework, and assignments according to agreed-upon timelines -takes responsibility for and manages own behaviour 	<ul style="list-style-type: none"> -devises and follows a plan and process for completing work and tasks -establishes priorities and manages time to complete tasks and achieve goals -identifies, gathers, evaluates and uses information, technology and resources to complete tasks 	<ul style="list-style-type: none"> - independently monitors, assesses, and revises plans to complete tasks and meet goals -uses class time appropriately to complete tasks -follows instruction with minimal supervision 	<ul style="list-style-type: none"> - accepts various roles and an equitable share of work in a group -responds positively to the ideas and opinions, of others -builds healthy peer to peer relationships -works with others to resolve conflict and achieve group goals -shares information and expertise to solve problems and make decisions 	<ul style="list-style-type: none"> - looks for and acts on new ideas and opportunities for learning -demonstrates a willingness to take risks -demonstrates curiosity and interest in learning -approaches new tasks with a positive attitude -recognizes and advocates for the rights of self and others 	<ul style="list-style-type: none"> - sets own goals and monitors progress towards achieving them -seeks assistance when needed -identifies learning opportunities and strategies to meet personal needs and achieve goals -perseveres when responding to challenges

Please sign below to indicate that you understand and accept the evaluation policies

Please provide the contact information below

STUDENT NAME(print) _____ Date: _____

Parent/Guardian Name (Print) _____ Signature: _____

Parent e-mail _____

*** PLEASE RETURN THIS FORM TO THE TEACHER