

EASTERN LEBANON COUNTY SCHOOL DISTRICT  
STUDENT LEARNING MAP

Course/Subject: Weight Training  
Topic: Introduction to Weight Training-  
Safety and Body Basics

Days:  
Grade Level:

**Key Learning**

Understanding the body as it relates to movement is helpful in evaluating the benefits and risks associated with weight training.









**Unit Essential Question**

Why is it important to know equipment/ safety etiquette, and basic functions of the body when beginning a weight training program?

<b>Concept</b> Inform students of the key components of weight training	<b>Concept</b> Safety habits in the weight room	<b>Concept</b> Understanding How the body relates to successful weight training
<b>Standards:</b> 10.1.6 E 10.2.6 A, B, C	<b>Standards:</b> 10.2.6 D 10.3.6 A, B, D	<b>Standards:</b> 10.1.6 B
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<b>Lesson Essential Question</b> What is Weight Training? (A)  What benefits can be derived from participation in a weight-training plan? (ET)	<b>Lesson Essential Question</b> What safety risks exists when weight training? (A)  How do you complete a safe workout with free weights? (ET)  How do you properly care for weight room equipment? (ET)  Why is proper attire important for working out? (A)	<b>Lesson Essential Question</b> How is our body made for exercise? (ET)  Why is it important to know the muscle groups of the body? (ET)  How does the cardiorespiratory system relate to exercise? (ET)  What body type are you? (ET)
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<b>Vocabulary</b> Exercise, Weights, Health-Related Fitness Components, Skill-Related Fitness Components, Activity Specific, Endurance, Nautilus, Free Weights, Conditioning	<b>Vocabulary</b> Dumbbells, Barbells, Cable Machines, Leverage Machine, Spotting, Support Belt, etiquette, Bench Press, Incline Press, Squats, Clean, Jerk, Preacher curl, Upright Row, Auxiliary Lifts	<b>Vocabulary</b> Heart Rate, Maximum Heart Rate, Personal Training Zone, Arteries, Veins, Quadriceps, Hamstrings, Gastrocnemius, Gluteus Maximus, Latissimus Dorsi, Abdominals, Pectorals, Biceps, Triceps, Trapezius, Mesomorph, Endomorph, Ectomorph

<b>Concept</b>	<b>Concept</b>	<b>Concept</b>
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EASTERN LEBANON COUNTY SCHOOL DISTRICT  
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<b><u>Standards:</u></b>	<b><u>Standards:</u></b>	<b><u>Standards:</u></b>
		
<b><u>Lesson Essential Question</u></b>	<b><u>Lesson Essential Question</u></b>	<b><u>Lesson Essential Question</u></b>
		
<b><u>Vocabulary</u></b>	<b><u>Vocabulary</u></b>	<b><u>Vocabulary</u></b>

<p><b><u>Additional Information/Resources:</u></b></p> <p>Concept: Inform students of the key components of weight training  Exercise - Weights - Health-Related Fitness Components - Skill-Related Fitness Components - Activity Specific - Endurance - Nautilus - Free Weights - Conditioning -  Concept: Safety habits in the weight room  Dumbbells - Barbells - Cable Machines - Leverage Machine - Spotting - Support Belt - etiquette - Bench Press - Incline Press - Squats - Clean - Jerk - Preacher curl - Upright Row - Auxiliary Lifts -  Concept: Understanding How the body relates to successful weight training  Heart Rate - Maximum Heart Rate - Personal Training Zone - Arteries - Veins - Quadriceps - Hamstrings - Gastrocnemius - Gluteus Maximus - Latissimus Dorsi - Abdominals - Pectorals - Biceps - Triceps - Trapezius - Mesomorph - Endomorph - Ectomorph -</p>
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# EASTERN LEBANON COUNTY SCHOOL DISTRICT STUDENT LEARNING MAP

Course/Subject: Weight Training  
Topic: Basic Workout Planning

Days:  
Grade Level:

### **Key Learning**

A healthy lifestyle involves individualizing a workout plan that focuses fitness components for the entire body.






### **Unit Essential Question**

What is the importance of performing and applying a self-assessment to a weight-training plan?

<b><u>Concept</u></b> Health Related Fitness Components	<b><u>Concept</u></b> Basic Workout Planning	<b><u>Concept</u></b> Benefits of pre and post workouts
<b><u>Standards:</u></b> 10.1.6 B 10.4.6 A, B, C	<b><u>Standards:</u></b> 10.4.6 A, B, C	<b><u>Standards:</u></b> 10.3.6 D 10.4.6 A, B, C
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<b><u>Lesson Essential Question</u></b> What are the health related fitness components? (A)  What tests can be completed to determine my health related fitness as it pertains to weight training? (ET)	<b><u>Lesson Essential Question</u></b> How do you plan a workout using the FITT guidelines? (A)  What is a warm-up and cool-down? (ET)  Why should you personalize a workout plan? (ET)	<b><u>Lesson Essential Question</u></b> What are the risk factors associated with an improper warm-up or cool-down? (A)  What are the different types of pre and post workouts? (ET)
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<b><u>Vocabulary</u></b> Cardiovascular fitness, Muscular Strength, Muscular Endurance, Flexibility, Body Composition, Maximum Weight, Sets, Reps	<b><u>Vocabulary</u></b> Fitness log, Workout, Intensity, assessment, fitness tracking, FITT	<b><u>Vocabulary</u></b> Joints, Body Temperature, Circulation, Strenuous, Respiratory Rate, Oxygen, Nutrients, Static stretching, sport specific, Dynamic, Lactic Acid, DOMS

<b><u>Concept</u></b>	<b><u>Concept</u></b>	<b><u>Concept</u></b>
<b><u>Standards:</u></b>	<b><u>Standards:</u></b>	<b><u>Standards:</u></b>
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<b><u>Lesson Essential Question</u></b>	<b><u>Lesson Essential Question</u></b>	<b><u>Lesson Essential Question</u></b>

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STUDENT LEARNING MAP

		
<u>Vocabulary</u>	<u>Vocabulary</u>	<u>Vocabulary</u>

**Additional Information/Resources:**

<http://www.sport-fitness-advisor.com/fitt-principle.html> -FITT guidelines

Concept: Health Related Fitness Components

Cardiovascular fitness - Muscular Strength - Muscular Endurance - Flexibility -

Body Composition - Maximum Weight - Sets - Reps -

Concept: Basic Workout Planning

Fitness log - Workout - Intensity - assessment - fitness tracking - FITT -

Concept: Benefits of pre and post workouts

Joints - Body Temperature - Circulation - Strenuous - Respiratory Rate - Oxygen -

Nutrients - Static stretching - sport specific - Dynamic - Lactic Acid - DOMS -

EASTERN LEBANON COUNTY SCHOOL DISTRICT  
STUDENT LEARNING MAP

Course/Subject: Weight Training  
Topic: Nutrition, Supplements, and  
Dietary Aids

Days:  
Grade Level:

**Key Learning**

A lifetime of fitness consists of a well-rounded training plan including all aspects of nutrition and wellness.






**Unit Essential Question**

How do aspects of nutrition shape an individual training program?

<b>Concept</b> Healthy Diet	<b>Concept</b> Dietary Aids and Supplements	<b>Concept</b>
<b>Standards:</b> 10.1.6 C, E 10.2.6 B	<b>Standards:</b> 10.1.6 C, D, E 10.2.6 B, C	<b>Standards:</b>
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<b>Lesson Essential Question</b> How many calories should I consume a day? (A)  What healthy foods will help my physical performance? (ET)  How much daily fluid intake is appropriate? (A)	<b>Lesson Essential Question</b> How do you spot a nutritional fallacies or myth? (A)  How can I determine what nutritional supplements are healthy, and what supplements are not? (ET)  How do performance-enhancing drugs affect weight training? (ET)	<b>Lesson Essential Question</b>
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<b>Vocabulary</b> Hydration, cholesterol, Nutrients, Blood Pressure, Calorie, Glucose, Carbohydrates, Proteins, Enzymes, Digestion, Vitamins, Minerals	<b>Vocabulary</b> Anabolic steroids, androstenedione, creatine, diuretics, myth, Fallacy	<b>Vocabulary</b>

<b>Concept</b>	<b>Concept</b>	<b>Concept</b>
<b>Standards:</b>	<b>Standards:</b>	<b>Standards:</b>
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<b>Lesson Essential Question</b>	<b>Lesson Essential Question</b>	<b>Lesson Essential Question</b>

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<u>Vocabulary</u>	<u>Vocabulary</u>	<u>Vocabulary</u>

**Additional Information/Resources:**

<http://www.americanheart.org/presenter.jhtml?identifier=3071616>

Concept: Healthy Diet

Hydration - cholesterol - Nutrients - Blood Pressure - Calorie - Glucose -

Carbohydrates - Proteins - Enzymes - Digestion - Vitamins - Minerals -

Concept: Dietary Aids and Supplements

Anabolic steroids - androstenedione - creatine - diuretics -

Myth - Fallacy -

# EASTERN LEBANON COUNTY SCHOOL DISTRICT STUDENT LEARNING MAP

Course/Subject: Weight Training  
Topic: Effective goal setting for weight training

Days:  
Grade Level:

**Key Learning**  
Goal setting is vital to the implementation of a successful weight-training plan.






**Unit Essential Question**  
How can I determine my needs for self improvement as it pertains to weight training and set goals that address those needs?

<b>Concept</b> Physical strengths and weaknesses	<b>Concept</b> Writing exercise goals	<b>Concept</b>
<b>Standards:</b> 10.4.6 A, B, C	<b>Standards:</b> 10.5.6 B	<b>Standards:</b>
<b>Lesson Essential Question</b> How can I determine what my physical strengths are? (A)  How can I determine what my physical weakness is? (A)	<b>Lesson Essential Question</b> What are the 4 components of goal setting? (A)  In what context is it appropriate to set short or long term goals? (A)  How do I set goals for all personal fitness components? (ET)  In what ways can I add variety to a workout to achieve my exercise goals? (ET)	<b>Lesson Essential Question</b>
<b>Vocabulary</b> Muscular strength, muscular endurance, cardiovascular endurance, tone, bulk, somatotype	<b>Vocabulary</b> Realistic, specific, measurable, MARS, Overtraining, offloading	<b>Vocabulary</b>

<b>Concept</b>	<b>Concept</b>	<b>Concept</b>
<b>Standards:</b>	<b>Standards:</b>	<b>Standards:</b>
<b>Lesson Essential Question</b>	<b>Lesson Essential Question</b>	<b>Lesson Essential Question</b>

EASTERN LEBANON COUNTY SCHOOL DISTRICT  
STUDENT LEARNING MAP

		
<b>Vocabulary</b>	<b>Vocabulary</b>	<b>Vocabulary</b>

**Additional Information/Resources:**

<http://www.brianmac.co.uk/bodytype.htm>- somatotypes

<http://askthetrainer.com/workout-routines.html>-setting goals for fitness

Concept: Physical strengths and weaknesses

Muscular strength –

Muscular endurance –

Cardiovascular endurance –

Tone –

Bulk –

Somatotype –

Concept: Writing exercise goals

Realistic –

Specific –

Measurable –

MARS –

Overtraining –

Offloading -



# EASTERN LEBANON COUNTY SCHOOL DISTRICT STUDENT LEARNING MAP

Course/Subject: Weight Training  
Topic: Workout Specificity

Days:  
Grade Level:

**Key Learning** Weight training workouts can be used to target a variety of physical needs.






**Unit Essential Question** How can weight training be used to improve specific areas of the body?

<b>Concept</b> Improving flexibility	<b>Concept</b> Improving muscular endurance	<b>Concept</b> Improving cardiorespiratory fitness
<b>Standards:</b> 10.1.6 B 10.4.6 A, B, C, E, F, 10.5.6 A, B, C, D	<b>Standards:</b> 10.1.6 B 10.4.6 A, B, C, E, F, 10.5.6 A, B, C, D	<b>Standards:</b> 10.1.6 B 10.4.6 A, B, C, E, F, 10.5.6 A, B, C, D
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<b>Lesson Essential Question</b> Why is flexibility important? (A)  What factors limit flexibility and what are health problems related to poor flexibility? (A)  How can applying the principles of training increase flexibility? (ET)	<b>Lesson Essential Question</b> Muscular Strength vs. Muscular Endurance, what is the difference? (A)  What types of weight training exercises improve muscular endurance? (ET)	<b>Lesson Essential Question</b> What is cardio respiratory fitness? (A)  What are a variety of activities that promote cardiorespiratory fitness? (ET)
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<b>Vocabulary</b> Flexibility, Dynamic, Static-active, Static- passive, Extension, Flexion, Hyper flexibility, Range of Motion	<b>Vocabulary</b> Periodization, plyometric, Pilates, resistance bands, stability ball	<b>Vocabulary</b> Aerobic capacity, target heart rate, Interval training, VO2 Max, recovery heart rate, rate of perceived exertion

<b>Concept</b>	<b>Concept</b>	<b>Concept</b>
<b>Standards:</b>	<b>Standards:</b>	<b>Standards:</b>
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<b>Lesson Essential Question</b>	<b>Lesson Essential Question</b>	<b>Lesson Essential Question</b>

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<b><u>Vocabulary</u></b>	<b><u>Vocabulary</u></b>	<b><u>Vocabulary</u></b>

**Additional Information/Resources:**

[http://www.cmcrossroads.com/bradapp/docs/rec/stretching/stretching\\_3.html](http://www.cmcrossroads.com/bradapp/docs/rec/stretching/stretching_3.html)- Flexibility

<http://www.sport-fitness-advisor.com/muscular-endurance.html> -Muscular Fitness

Concept: Improving flexibility

Flexibility –

Dynamic –

Static-active –

Static-passive –

Extension –

Flexion –

Hyper flexibility –

Range of Motion –

Concept: Improving muscular endurance

Periodization –

Plyometric –

Pilates –

Resistance bands –

Stability ball –

Concept: Improving cardiorespiratory fitness

Aerobic capacity –

Target heart rate –

Interval training –

VO2 Max –

Recovery heart rate –

Rate of perceived exertion -

EASTERN LEBANON COUNTY SCHOOL DISTRICT  
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Course/Subject: Weight Training  
Topic: Workout Routines

Days:  
Grade Level:

**Key Learning** Incorporating a variety of weight training routines leads to an optimal level of total body fitness.



**Unit Essential Question** How do various types of weight training routines fit together into an overall training plan?

<b>Concept</b> Training Plans	<b>Concept</b> Implementing Training Plans	<b>Concept</b>
<b>Standards:</b> 10.1.6 B 10.4.6 A, B, C, E, F, 10.5.6 A, B, C, D	<b>Standards:</b> 10.1.6 B 10.4.6 A, B, C, E, F, 10.5.6 A, B, C, D	<b>Standards:</b>
↓	↓	↓
<b>Lesson Essential Question</b> What are training plans and what are their benefits? (A)  Why is it important to vary my training? (ET)	<b>Lesson Essential Question</b> What are training plans for weight loss or re-shaping? (A)  What are some training plans that build muscle (A)  What is an express workout? (A)	<b>Lesson Essential Question</b>
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<b>Vocabulary</b> Endurance, circuit, plyometric, resistance, outcomes, plateau, muscle confusion, osteoporosis, metabolic rate, aesthetics	<b>Vocabulary</b> Progressive overload, Olympic lifting, power lifting, muscle fiber, core region	<b>Vocabulary</b>

<b>Concept</b>	<b>Concept</b>	<b>Concept</b>
<b>Standards:</b>	<b>Standards:</b>	<b>Standards:</b>
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<b>Lesson Essential Question</b>	<b>Lesson Essential Question</b>	<b>Lesson Essential Question</b>
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<b>Vocabulary</b>	<b>Vocabulary</b>	<b>Vocabulary</b>
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**Additional Information/Resources:**

<http://www.sport-fitness-advisor.com/circuit-training-exercises.html>- circuit training exercises

[http://www.emedicinehealth.com/strength\\_training/article\\_em.htm](http://www.emedicinehealth.com/strength_training/article_em.htm) -resistance training

Concept: Training Plans

Endurance –

Circuit –

Plyometric –

Resistance –

Outcomes –

Plateau –

Muscle confusion –

Osteoporosis –

Metabolic rate –

Aesthetics –

Concept: Implementing Training Plans

Progressive overload –

Olympic lifting –

Power lifting –

Muscle fiber -

Core region -

EASTERN LEBANON COUNTY SCHOOL DISTRICT  
STUDENT LEARNING MAP

Course/Subject: Weight Training  
Topic: Weight Training Design

Days:  
Grade Level:

**Key Learning** Designing a workout program to include all aspects of an individual lifestyle will provide for a lifetime of fitness.



**Unit Essential Question** How can I achieve a lifetime of fitness by designing the right workout plan?

<b>Concept</b> Preplanning a workout program	<b>Concept</b> Program Designs	<b>Concept</b>
<b>Standards:</b> 10.1.6 B 10.4.6 A, B, C, E, F, 10.5.6 A, B, C, D	<b>Standards:</b> 10.1.6 B 10.4.6 A, B, C, E, F, 10.5.6 A, B, C, D	<b>Standards:</b>
↓	↓	↓
<b>Lesson Essential Question</b> What factors should I consider when designing a weight-training program? (A)  Why do my fitness goals determine what plan design to follow? (A)  What resources are available for designing a workout program? (ET)	<b>Lesson Essential Question</b> What plan structures are available for designing a workout? (A)  How can what sport I play help determine my weight training program? (A)	<b>Lesson Essential Question</b>
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<b>Vocabulary</b> Gender, timeline, super fit	<b>Vocabulary</b> Compound exercise, multi-joint, sport-specific, maximal weight, isolation, single-joint, marshaling, push vs. pull, superset, periodization	<b>Vocabulary</b>

<b>Concept</b>	<b>Concept</b>	<b>Concept</b>
<b>Standards:</b>	<b>Standards:</b>	<b>Standards:</b>
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<b>Lesson Essential Question</b>	<b>Lesson Essential Question</b>	<b>Lesson Essential Question</b>
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<u>Vocabulary</u>	<u>Vocabulary</u>	<u>Vocabulary</u>
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**Additional Information/Resources:**

Concept: Preplanning a workout program

Gender –

Timeline –

Super fit –

Concept: Program Designs

Compound exercise –

Multi-joint –

Sport-specific –

Maximal weight –

Isolation –

Single-joint –

Marshaling -

Push vs. pull –

Superset –

Periodization -