

NIT	STANDARD	OBJECTIVES (What it looks like in the classroom) The learner will ...	Vocabulary terms	# OF DAYS NEEDED FOR MASTERY	INSTRUCTION BEGIN	ASSESSMENT TYPE (performance, project, written test)	RESOURCES (Materials, web sites, auto-visual, print)	LEARNING ACTIVITIES
Strength and Conditioning		<p>The learner will demonstrate appropriate warm-ups for various body parts.</p> <p>The learner will demonstrate the correct form in performing lifts used in the YHS weight program.</p> <p>The learner will gain knowledge of nutrition important in fueling a strength athletes' body.</p> <p>The learner will be given information on theories and concepts involved in strength and power acquisition.</p> <p>The learner will be given the opportunity to develop speed, strength, and power, by following prescribed program.</p>	<p>Cycling</p> <p>Hypertrophy</p> <p>Mass</p> <p>one rep max</p> <p>periodization</p> <p>plyometrics</p> <p>recuperation</p> <p>rep</p> <p>set</p>	Entire semester	1 <sup>st</sup> day of the semester	<p>Fitness test pre and post</p> <p>Quarterly maxouts</p>	<p>Video demonstrations develop by instructor</p> <p>NSCA articles and videos</p> <p>Various articles developed by experts in the field of strength training and nutrition</p>	<p>Statement of objectives and expectations</p> <p>Maxing out following proper lifting form.</p> <p>Warm up</p> <p>Lifting following a specific program adjusted to their maximums.</p> <p>Cool down</p> <p>Article of the week and quiz</p>