# WCS Scope & Sequence 2015-16

**Subject: Weights and Kinesiology**

<table>
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<tr>
<th>Learning Target</th>
<th>Knowledge &amp; Processes</th>
<th>Student Friendly</th>
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| 1.2 Apply Movements to all muscle study | • Evaluate muscles as related to movement  
• Demonstrate basic movements  
• Demonstrate complex movements (compound exercises)  
• Kinesiology  
• Anatomy  
• Movement Patterns | • I can properly demonstrate basic and complex muscle movements  
• I can apply fundamental movements during a compound exercise/activity  
• I can apply the principles of Kinesiology to our daily workout routine |
| 1.3 Safety Procedures | • Model proper ‘spotting’ procedures  
Weight room safety awareness  
Describe and demonstrate proper lifting techniques  
Identify and develop warm-up and cool down principles  
Model use of equipment  
Spotting’ principles and techniques  
Lifting Technique  
Proper warm-up and cool down  
Relate proper use of equipment | • I can assist proper technique while spotting during a dynamic lift  
• I can organize the usage of weight room equipment to ensure that safety precautions are in place |
| 2.1 Participate in Dynamic Warm-up | • Demonstrate dynamic warm-up movements  
General Physical Preparedness | • I can distinguish between static/passive stretches and dynamic movements  
• I can create a dynamic warm-up plan |
| 2.2 Execute proper lifting techniques for selected exercises | • Pre-test skill level of selected exercises  
• Demonstrate proficient lifting skill  
• Adapt weightlifting to specific sport skills  
• Evaluate level of skill and set goals for improvement  
• Periodic testing of student progress and understanding  
• Squat  
• Squat Variations  
• Olympic lifts and variations  
• Pressing movements and variations  
• Pulling movements and variations  
• Core exercises and variations | • I can observe, modify, and instruct my peers in proper technique  
• I can modify a workout utilizing limited facilities  
• I can assist proper technique while spotting during a dynamic lift  
• I can execute proficient lifting skill and technique  
• I can construct a personal core workout |
|---|---|---|
| 2.3 Participate in static cool-down | • Demonstrate selected static stretches  
• Elongation of muscle (static stretching) | • I can distinguish between static/passive stretches and dynamic movements  
• I can create a static/passive cool-down plan |
| 3.1 Recognize and establish behavioral factors leading to development of total fitness | • Associate movements with the muscles that perform them  
• Develop individual workout  
• Adapt and create workout program for specific skill set  
• Differentiate set/reps patterns to avoid muscle adaptation  
• Nutrition  
• Rest and recovery  
• Per iodization methods  
• Agility Drills  
• Plyometrics  
• Speed development  
• Balance and Coordination | • I can create and develop a workout plan  
• I can combine a variety of plyometric movements to increase hip mobility, foot speed, and knee flexion  
• I can recognize the muscle as it relates to a sport or specific movement  
• I can evaluate my current diet plan and create a new nutritional program that fits my fitness goals |