

Novato Unified School District

**Course Description
ADVANCE MOVEMENT & PHYSICAL EDUCATION**

Course Title Advance Movement and Physical Education School Novato High School, San Marin High School District Novato Unified School District City Novato, California 94945	Department or Discipline <input type="checkbox"/> History/Social Studies <input type="checkbox"/> English/Language Arts <input type="checkbox"/> Mathematics <input type="checkbox"/> Laboratory Science <input type="checkbox"/> Language other than English <input type="checkbox"/> Visual & Performing Arts (for 2003) <input type="checkbox"/> College Preparatory Elective: Subject Area: _____
Name of School Contact Person Bruce Ferrigno Title/Position Physical Education Teacher Contact Information Phone: (415)898-2125 Fax: (415) 897-4242 E-mail:	Grade Level(s) for which course is intended 10th Length of Course <input type="checkbox"/> Semester <input checked="" type="checkbox"/> Year <input type="checkbox"/> Other Unit Value <input type="checkbox"/> 0.5 (half year equivalent) <input checked="" type="checkbox"/> 1.0 (one year equivalent) <input type="checkbox"/> 2.0 (two year equivalent) <input type="checkbox"/> Other: _____
Date of School Board Approval February 25, 2003	Seeking “Honors” distinction? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Was this course previously approved by UC? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If so, in what year? Under what course title?	
Pre-Requisites none	
Texts and supplemental instructional materials: Student Text: BE An “11” Goal Setting, Dr. Greg Sheppard, BFS Log Book, Supplemental instructional materials: Peak Performance, text by James Radcliffe, High powered Plyometrics by Robert C. Farentinos, Explosive Power and Strength by Donald A. Chu Ph.D.	
Brief Course Description Tenth grade physical education class that is based on improving athletic performance while still meeting physical education standards and California Framework.	

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COURSE CONTENT

A. Course goals and/or major student outcomes

Students will improve their athletic abilities.

The student will:

- analyze movements and improve their sprinting speed, jumping ability, strength, agility, weight lifting and cardiovascular endurance
- work on peak performance for their extra-curricular activities
- create and analyze a peak performance diet
- create goals and monitor progress of their peak performance fitness program
- participate in peer coaching and peer analysis of the bio-mechanics of movement
- understand and know the use of food supplements, vitamins, and other related products as it relates to exercise

B. Course Objectives-specific student learning objectives

Objectives	Standards
Know the bio mechanics of exercise, exercise physiology and health-related fitness through peak performance training	Page 16, State Framework
Understand the concepts of human growth and development, psychology and its relationship to peak performance	Page 16 and 47 State Framework
Participate in group interactions, team building and leadership activities	Page 16 and 47 State Framework
Introduced to historical aspects of peak performance, weightlifting, plyometric, and other aspects of fitness	Page 16 State Framework
Learn the process of learning a skill: 1) the cognitive phase, 2) practice phase, 3) automatic phase of the skill	Page 47

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C. Course Outline

Topics/Units/Themes	Key Activities/Assignments
Goal Setting, Sports Psychology	Introduction to peak performance, testing, safety in the weight room, spotting
Introduction to Exercise	Iso-Kenetic exercise, plyometric exercise, Olympic weight lifting techniques, isometric, cardiovascular exercise, muscle tissue types and nerve intervention in muscle tissue
Analysis of Sprinting	Three phases of sprinting, video taping of techniques, testing and analysis
Flexibility	Identification of muscle groups and physiology of stretching. Different types of stretching. Flexibility testing
Core Stability and Balance	Balance boards, yoga, single leg development and stomach and back exercises
Cardio-Endurance	Timed runs over short distances and goal setting. Target heart rates, testing
Muscular Endurance	Circuit training and interval training techniques
Diet	Diet analysis, introduction to peak performance diets, diet monitoring logs
Supplements, Vitamins and Drugs	Written assignments and projects on supplements, performance enhancing drugs and vitamins

D. Texts and supplemental instructional materials

Student Text: BE An “11” Goal Setting, Dr. Greg Sheppard

BFS Log Book

Supplemental instructional materials: Peak Performance, text by James Radcliffe

High powered Plyometrics by Robert C. Farentinos

Explosive Power and Strength by Donald A. Chu Ph.D.

E. Instructional methods and strategies

Lecture, discussion, modeling, group project, tasks cards, peer coaching, video tape analysis, video tape instruction, work-out logs and journals, written assignments

F. Assessment methods and/or tools

Daily participation

Quiz and exams

Group and individual projects

Written reports

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G. Assessment criteria

- Teacher's professional judgement of daily participation
- Rubric scales on all written work based on Novato High School English Standards
- Evaluation and recording of student's progress through work-out journals and log books
- Grading scale to follow the same as all Physical Education Classes at Novato High School
 - 70% participation
 - 30% written, projects, quizzes and exams