

## Personal Fitness and Sports Performance

### Focus Areas

- Fitness Assessment
- 9 Components of Fitness
- Muscle Anatomy
- Terminology and Training Philosophy
- Performance Nutrition
- Integration of Technology

### Competency Goal 1: Student will calculate and interpret standard fitness assessment

#### OBJECTIVES:

- 1.1 Assess heart rate at rest and at work
- 1.2 Assess BMI (Body Mass Index)
- 1.3 Assess Body Fat Percentage
- 1.4 Compare healthy and unhealthy measurements

### Competency Goal 2: Implement the 9 physical components of fitness

#### OBJECTIVE:

- 2.1 Student will execute all 9 fitness domains, which include: strength, speed, stamina, endurance, flexibility, agility, power, balance and co-ordination

### Competency Goal 3: Student will identify and recall muscle anatomy

#### OBJECTIVES

- 3.1 Recall major muscles of the anterior and posterior body including to and not limited to, bicep, triceps, deltoid, trapezius, pectoralis major and minor, rectus, transverse and oblique abdominals, latissimus dorsi, rhomboids, quadriceps (rectus femoris, vastus lateralis, vastus medialis, vastus intermedius), hamstring, gastroceminus, gluteus maximus, gluteus medius, soleus, tibialis, hip flexor

### Competency Goal 4: Student will understand principal training philosophy and terminology of Cross Fit and Interval Training

#### OBJECTIVES:

- 4.1 Incorporate constantly varied, high-intensity functional and compound movements over a broad spectrum

- 4.2 All workout sessions are scalable but not altered.
- 4.3 Utilize the following terminology: WOD, AMRAP, SDHP, WB, PUSHPRESS, KB, TIME, DL, FRONTAL PLANE, TRANSVERSE PLANE

Competency Goal 5: Gain Knowledge on nutritional components for performance based work and fitness.

OBJECTIVES:

- 5.1 Analyze how macronutrients (Carbohydrates, Protein and Fat) and break down in the body and are used for fuel
- 5.2 Recognize differences saturated and unsaturated fats and how the body uses for energy expenditure
- 5.3 Assess calories needed and calorie expenditure
- 5.4 Apply hydration and body usage of water and performance

Competency Goal 6: Utilize variety of equipment and exercises in proper form

OBJECTIVES:

- 6.1 Utilize equipment to enhance performance and reach fitness objectives. Equipment should include, but it not limited to: Kettle Bells, medicine balls, jump ropes, box jumps, dumb bells, bumper bars, bumper plates, tires, ladders, hurdles, and pull-up bars.
- 6.2 Integrate the following exercise movements using proper form, including but not limited to: Squat, Sit-up, Push-up, Burpee, Push Press, Dead Lift, Wall Ball, Kettlebell Swing, Kettlebell High Pull, Thrusters and Power Clean.
- 6.3 Student lead WOD based on principles taught and practiced

Competency Goal 7: Facilitate proper stretching techniques for injury prevention

OBJECTIVES:

- 7.1 Execute mobility and proper stretching techniques during cool down and warm up periods. Stretches should include but not limited to the following muscles. Hamstrings, Quadriceps, Hip Flexor, Gastrocnemius, Gluteals, deltoids, pectorals and triceps.

Competency Goal 8: Integration of technology to track individual performance

OBJECTIVES:

- 8.1 Record individual data using one or more of the following apps but not limited to, such as numbers, fitness pal, calorie counter, educreation

