

# Wallenpaupack Area School District Planned Course Curriculum Guide

## Exercise Science and Sports Medicine Career and Technical Education

### Course Exercise Science (Spring senior year) 1 credit CTE Program (CIP 51.2604)

#### Course Description:

The Exercise Science and Sports Medicine program is designed for any student who may be considering going into one of the athletic or rehabilitative fields, such as physical therapy, athletic training, occupational therapy, fitness instructor, physical education, kinesiology, massage therapy, or sport nutrition. This program is a two and a half-year program that will prepare students to enter college with a comprehensive background in anatomy and physiology, rehabilitation, sport nutrition and emergency care. Students graduating from this program will have certifications in OSHA 10-hour health, first aid and CPR, and blood borne pathogens. Students will also be prepared to sit and take the ACSM personal training test if they choose to go into the personal fitness field. During their senior year, students will be doing clinical rotations at local facilities of the student's interest, such as, AT room, PT facility, hospital, and local fitness center.

#### Revision Date:

Oct. 2022- Ragonese

<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE: Exercise Science</b>	<b>GRADE/S: 12</b>
<b>Topic: Modern State of Health and fitness</b>	<b>TIMEFRAME: 1-2 days</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

**EVIDENCE OF MASTERY/Cut Score (Keystone Exam):**

**DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)**

**RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.):**  
 NASM Essentials of Personal fitness, 7<sup>th</sup> ED  
 NASM CPT study guide 2023-2024

**RESOURCE SPECIFIC VOCABULARY:**

<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE: Exercise Science</b>	<b>GRADE/S: 12</b>
<b>Topic: Personal training profession</b>	<b>TIMEFRAME: 1-2 days</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

**EVIDENCE OF MASTERY/Cut Score (Keystone Exam):**

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<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE: Exercise Science</b>	<b>GRADE/S: 12</b>
<b>Topic: psychology of exercise</b>	<b>TIMEFRAME: 2-3 days</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

**EVIDENCE OF MASTERY/Cut Score (Keystone Exam):**

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<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE: Exercise Science</b>	<b>GRADE/S: 12</b>
<b>Topic: human movement science</b>	<b>TIMEFRAME:</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

**EVIDENCE OF MASTERY/Cut Score (Keystone Exam):**

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<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE:</b> Exercise Science	<b>GRADE/S:</b> 12
<b>Topic:</b> exercise metabolism and bioenergetics	<b>TIMEFRAME:</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

**EVIDENCE OF MASTERY/Cut Score (Keystone Exam):**

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**RESOURCE SPECIFIC VOCABULARY:**

<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE:</b> Exercise Science	<b>GRADE/S:</b> 12
<b>Topic:</b> wellness and fitness assessments	<b>TIMEFRAME:</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

**EVIDENCE OF MASTERY/Cut Score (Keystone Exam):**

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**RESOURCE SPECIFIC VOCABULARY:**

<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE:</b> Exercise Science	<b>GRADE/S:</b> 12
<b>Topic:</b> posture, movement, performance assessments	<b>TIMEFRAME:</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

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**RESOURCE SPECIFIC VOCABULARY:**



<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE:</b> Exercise Science	<b>GRADE/S:</b> 12
<b>Topic:</b> integrated training and OPT model	<b>TIMEFRAME:</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

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**RESOURCE SPECIFIC VOCABULARY:**

<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE:</b> Exercise Science	<b>GRADE/S:</b> 12
<b>Topic:</b> flexibility training	<b>TIMEFRAME:</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

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**RESOURCE SPECIFIC VOCABULARY:**

<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE:</b> Exercise Science	<b>GRADE/S:</b> 12
<b>Topic:</b> cardiorespiratory training	<b>TIMEFRAME:</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

**EVIDENCE OF MASTERY/Cut Score (Keystone Exam):**

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**RESOURCE SPECIFIC VOCABULARY:**

<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE:</b> Exercise Science	<b>GRADE/S:</b> 12
<b>Topic:</b> Core training concepts	<b>TIMEFRAME:</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

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**RESOURCE SPECIFIC VOCABULARY:**

<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE: Exercise Science</b>	<b>GRADE/S: 12</b>
<b>Topic: balance training concepts</b>	<b>TIMEFRAME:</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

- 

**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

**EVIDENCE OF MASTERY/Cut Score (Keystone Exam):**

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**RESOURCE SPECIFIC VOCABULARY:**

<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE:</b> Exercise Science	<b>GRADE/S:</b> 12
<b>Topic:</b> speed, agility, quickness training concepts	<b>TIMEFRAME:</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

**EVIDENCE OF MASTERY/Cut Score (Keystone Exam):**

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**RESOURCE SPECIFIC VOCABULARY:**

<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE: Exercise Science</b>	<b>GRADE/S: 12</b>
<b>Topic: resistance training concepts</b>	<b>TIMEFRAME:</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

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**RESOURCE SPECIFIC VOCABULARY:**

<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE:</b> Exercise Science	<b>GRADE/S:</b> 12
<b>Topic:</b> Optimum performance training model	<b>TIMEFRAME:</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

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<b>Wallenpaupack Area School District Curriculum</b>	
<b>COURSE:</b> Exercise Science	<b>GRADE/S:</b> 12
<b>Topic:</b> chronic health conditions/special populations	<b>TIMEFRAME:</b>

**COMMON CORE STANDARDS:**

**UNIT OBJECTIVES (SWBATS):**

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

**ANCHOR VOCABULARY:**

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**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

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