



NSCA
COACHES
CONFERENCE 2023

JANUARY 4 – 6, 2023

Charlotte, NC & Online | 2.0 CEUs

#NSCACoaches23

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.



Justin Loudon, CSCS, *D, RSCC
A Look at Strength and Conditioning Curriculum within High School PE

NSCA
COACHES
CONFERENCE 2023

Question Time!!!

-WHO WANTS TO HELP THEIR STUDENTS LEARN?

-WHO WANTS TO HELP THEIR CLIENTS LEARN?



Curriculum?

- **What is it?**

According to the Rhode Island Department of Education. **Curriculum** is a standards-based sequence of planned experiences where students practice and achieve proficiency in content and applied learning skills.

Simply put- It is your annual plan, that is consistent but always changing.

Objectives:

- Demonstrate how Coaches and PE teachers can create a strength and conditioning curriculum that will help students understand the content.
- Explain how Coaches and PE teachers can use that curriculum to help meet the needs of their population
- Show Coaches and PE teachers how to relate and integrate the curriculum within their students lives.

National Standards in Physical Education

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. (I have the skills to move and play.)

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. (I show that I know how to move and use a plan when I play games.)

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. (I show that I know how to get fit and stay fit.)

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others. (I act fairly and respectfully when I play.)

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. (I know why it is important to be physically active.)



Justin Loudon, CSCS, *D, RSCC

A Look at Strength and Conditioning Curriculum within High School PE



Lesson: Health & Skill related components of fitness

Psychomotor:

- The student will be able to perform basic change of direction movements for 5-10 seconds.

Cognitive:

- The students will be able to describe 3-5 basic change of direction components (Sink the hips, lean the direction you want to go, Shin Angles, Body follows the head, drive back knee out) that help during agility.

Affective:

- The students will be able to discuss the value of agility and how it can help build cardiovascular endurance.

Lesson: Health & Skill related components of fitness Model

Health-Related Components of Fitness

Cardiovascular Endurance- Your body's ability to deliver oxygen to working muscles during exercises

Muscular Strength-Your muscles' ability to exert a maximum amount of force in one effort.

Muscular Endurance-Your muscles' ability to exert force repeatedly or for an extend period of time.

Flexibility-Your muscles and joints' ability to move through their full range of motion.

Body Composition- Your body's ratio of lean muscle to stored fat.

Skill-Related Components of Fitness

Speed-The ability to perform actions or cover distance quickly.

Power-The ability to combine both speed and force in movement.

Agility- The ability to quickly change direction without losing speed and power.

Balance-The ability to stabilize the body both in movement and when maintaining stillness

Coordination-The ability to use your senses in combination with your action when in movement.

Reaction Time-The ability to respond quickly to what you feel, see, or hear.

Lesson: Health & Skill related components of fitness Model- Practice

Shuffle

- Sink the hips
- Lean the way you want to go
- Shin angles
- Edges of the feet

Shuffle run

- Sink the hips
- Lean the way you want to go
- Shin angles
- Turn Head
- Drive back knee out

Whats Next?

- Cross-over
- Cross-over to run to deceleration
- Etc...

Lesson: Health & Skill related components of fitness Model- Game Play

- PVC Game
- Tag
- Rock Paper Scissors Game



Summary:

- Know your population, and what it is that you want to teach them. Curriculum can change as they develop throughout the years and or the needs.
- Understand the Why, How, and What
- Bring it back to the standards. Does what you teach align with the standards? If not, how can you tie it in to a standard?
 - Standards- Learning outcomes

Thank You!

-NSCA

-Family:

-Kimberly & Asher

-Mentors:

- Sam Melendrez

- Paul Kolody

- Garrett Keith



Thank you!

Justin Loudon, CSCS, *D, RSCC

Jloudon@ezellharding.com

(719) 210-0644



Justin Loudon, CSCS, *D, RSCC

A Look at Strength and Conditioning Curriculum within High School PE



Sources

1. *11 components of fitness: Health & Skill-related* (no date) Origym. Available at: <https://origympersonaltrainercourses.co.uk/blog/components-of-fitness> (Accessed: December 12, 2022).
2. Advanced Solutions International, I. (no date) *National PE standards: Shape America sets the standard, National Physical Education Standards-SHAPE America Sets the Standards*. Available at: <https://dev-portal.shapeamerica.org/standards/pe/?hkey=fdd39329-263e-4d63-83ee-bc39b64d119c> (Accessed: December 12, 2022).
3. *Domains of learning* (no date) *supportREALteachers.org*. Available at: <https://www.supportrealteachers.org/the-3-domains-of-learning.html> (Accessed: December 12, 2022).
4. *Golden Circle for individuals* (no date) *Simon Sinek*. Available at: <https://simonsinek.com/product/golden-circle-for-individuals/> (Accessed: December 12, 2022).
5. Inc., P. (no date) *The PROSCI ADKAR® model, Prosci*. Available at: <https://www.prosci.com/methodology/adkar> (Accessed: December 12, 2022).
6. *Instruction & Assessment* (no date) *Rhode Island Department of Education*. Available at: <https://www.ride.ri.gov/InstructionAssessment/Curriculum/CurriculumDefinition.aspx> (Accessed: December 12, 2022).