CTS Health Pathways –

Recreational Leadership (Rec)

Foundations For Training 1

(REC1040) http://education.alberta.ca/media/2205652/rec.pdf

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| **STAGE 3 Learning Plans** |

**Lesson 2**

**Discovering Technique**

-by Scott Bezubiak, Taso Garanis, Jeff Tobert

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|   |
| **BIG IDEA** When training to improve athletic performance and personal fitness, personal goal setting, proper technique and the application of fundamental training principles are crucial to success.  |
| **ENDURING UNDERSTANDINGS*** Training principles are essential in increasing athletic performance. (Essential Learning Outcome 1) (1.1, 1.2, 1.3, 2.1, 2.2, 2.3)
* Proper technique leads to safe and effective training. (Essential Learning Outcome 2) (1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 4.1, 4.2)
* Training terminology is important as related to the components of fitness. (1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 4.1)
* Personal goal setting is important to sports performance, fitness and health. (3.1, 3.2, 3.3, 3.4, 4.1, 4.2)
* Exercising with others increases motivation and success. (4.1, 4.2, 4.3, 5.2)
* Positive fitness experiences build confidence and intrinsic motivation to continue to lead an active and healthy lifestyle. (5.1, 5.2)
 | **ESSENTIAL QUESTIONS*** How do I make my training safe and effective?
* Why do we train?
* What does it mean to be fit?
* How can I make training fun and interesting?
* Why is goal setting necessary to improve performance?
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| **KNOWLEDGE**Students will know:* what each of the seven basic movements looks like
* the muscle groups associated with each basic movement.
 | **SKILLS**Students will be able to:* demonstrate the seven basic movements successfully and safely at a beginner level
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**Lesson Summary**

Students will be organized into 7 groups and will be responsible for researching correct technique for one of the seven basic movements. They can use correct and incorrect technique examples in demonstrating the basic movement to the class in a visual format. This lesson should take approximately 3 days.

**Lesson Plans**

**Lesson 2**

**Discovering Technique**

Assign the student groups one of the following movements:

* Squat
* Dead lift
* Push
* Pull
* Rotation
* Overhead press
* Gait

Their task is to research the progression of each basic movement through the activities listed below: (Handout #1 found in the Resources, pg. 8)

The exercises in bold must be demonstrated back to the group. Important coaching points must be discussed for each stage. In addition, the group must select one other higher level exercise to demonstrate within their main lift. The techniques must be cleared with the instructor and safety must be the primary consideration.

(Handout #2 found in the Resources, pg. 9)

For each exercise in the progression there must be:

* a demonstration of the drill

-use any visual format; demonstration, video, poster, etc.

* an explanation of important technique / coaching points
* a demonstration of common errors in technique
* an explanation of why each successive drill in the progression is more difficult.

  **Going Beyond**

Students can research more of the progression and implement them into their own workout plan.

 **Supporting**

Use the data collection document.

**Assessment**

Technique Research Assessment – the rubric is provided

Students will also show their knowledge and skills via ongoing practice of correct technique in workouts and activities during the course.

**Technique Research Assessment Rubric**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Level****Criteria** | **4****Excellent** | **3****Proficient** | **2****Adequate** | **1****Limited** | **Insufficient****or Blank** |
| **Drill Demonstrations or visual explanation** | There is complete and accurate information demonstrated in all exercises in the progression | There is sufficient information demonstrated in most exercises in the progression | There is sufficient information demonstrated in some exercises in the progression; some key points were omitted/not covered | There is insufficient information demonstrated in most exercises in the progression  | No score is awarded because there is insufficient evidence of student performance based on the requirements of the assessment task. |
| **Coaching Points** | All key points for all exercises were clearly covered | Most key points for all exercises were clearly covered | Some points for all exercises were covered; not always clear, or some points omitted | Majority of information given is either insufficient, inaccurate or incomplete |
| **Demonstration of common faults in technique** | There is complete and accurate information demonstrated for all common faults in all exercises in the progression | There is sufficient information demonstrated for most common faults in most exercises in the progression | There is sufficient information demonstrated for some common faults in some exercises in the progression; some key points were omitted/not covered | There is insufficient or incomplete faults in technique demonstrated in most exercises in the progression  |
| **Understanding and explanation of difficulty levels** | 4Complete and thorough explanation and understanding of the progression is clearly presented | 2Partial explanation and understanding of the progression is presented |
| **Full Group Participation** | All members of the group fully involved | Majority of the group are involved | Some individuals in the group don’t contribute | Very little group participation demonstrated |

 **Resources**

Web Sites: [www.ptonthenet.com](http://www.ptonthenet.com)

 [www.crossfit.com](http://www.crossfit.com)

**List of Exercises** - pg. 8

**Technique Research: Data Collection Sheet** – pg. 9

Handout #1

**List of Exercises**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Squat** | **Lift** | **Push** | **Pull** | **Rotation** | **Press**  | **Gait** |
| **Bodyweight Squat** | **Bodyweight Dead Lift** | **Wall Push Up** | **Shoulder Retraction** | **Seated Med Ball Twist** | **MB Overhead Press** | **Forward****Walking** |
| **Overhead Bodyweight Squat** | **Broomstick Dead Lift** | **Table Push Up** | **2 Hand Seated Cable Row** | **V-Sit MB Twist** | **2 Hand / 1 DB Overhead Press** | **Backward Walking** |
| Bodyweight Split Squat | **Med Ball Dead Lift** | **Push Up from Knees** | **2 Hand Standing Cable Row** | **Standing Cable Rotation** | **DB Shoulder Press** | **Forward Jogging** |
| **Med Ball Squat** | **Barbell Dead Lift** | **Push Up from Toes** | **Rope Inverted Row** | **MB Wood Chop** | **Alternating DB shoulder Press** | **Backward Jogging** |
| **Med Ball Overhead Squat** | Sumo Dead Lift | **Unstable push Up from Knees** | **Assisted Chin Up** | **MB Reverse Wood Chop** | **BB Shoulder Press** | **Forward Running** |
| **Stationary Lunge** | Single Leg Dead Lift | **Unstable Push Up from Toes** | **Assisted Pull Up** | **Cable Wood Chop** | BB Push Press | Backward Running |
| **Barbell Back Squat** | 2 DB Single Leg Dead Lift | **DB Bench Press** | **Jump Chin Up** | Cable Reverse Wood Chop | Single Leg DB Overhead Press | Skipping |
| Barbell Front Squat | Barbell Single Leg Dead Lift | Barbell Bench Press | Jump Pull Up | Single Arm MB Shot Put | Single Leg 1 DB Overhead Press | ABC’s |
| DB Walking Lunge | Same Hand/Leg Single Leg Dead Lift | Fit Ball DB Chest Press | 1 Hand Standing Cable Row | Single Arm Cable Shot Put | Split Squat MB Push Press | Forward Bounding |
| 1 DB overhead Squat | Opposite Hand/Leg Single Leg Dead Lift | Alternating Fit Ball DB Chest Press | 1 Hand Moving Cable Row | Barbell Rock Star Press | Split Squat DB Push Press | Backward Bounding |
| Single Leg Squat (pistol) | Barbell High Pull | Cable Chest Press | Chin Up | Barbell 2 Hand Rock Star | MB Push Jerk | Forward Sprinting |
| Barbell Overhead Squat | Barbell Clean | Bench & Fit Ball Chest Press from Toes | Pull Up/Kipping Pull Up | Barbell 1 Hand Rock Star | DB Push Jerk | Backward Sprinting |
| BB Overhead Walking Lunge | Barbell Snatch | Bench & Two Fit Ball Chest Press from Toes | Pull up on Rings | Bosu Ball MB Rotation  | Barbell Push Jerk | Multidirectional Movement |

Handout #2

**Technique Research: Data Collection Sheet**

Basic Movement:­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Name of Exercise** | **Key Technique/Coaching Points** | **Common Technique Errors** |
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**Resources -general use**

Put in information regarding: the 4 athletic profiles

**Learn Alberta**

http://education.alberta.ca/media/2205652/rec.pdf

**Websites:**

[http://www.learnalberta.ca/content/ssocirm/html/websitesaddressedintheccs/index.htm?grad](http://www.learnalberta.ca/content/ssocirm/html/websitesaddressedintheccs/index.htm?grade=121) e=121

**Assessment**

http://www.learnalberta.ca/Search.aspx?lang=en&search=assessment+linking+teaching+and+learning&grade=&subject=

**Assessment materials**

http://www.aac.ab.ca/

**Textbooks:**

**Foundations of Exercise Science – Studying Human Movement and Health**

 **Peter Klavora, second edition**

**Exercise Science – An Introduction to Health and Phusical Education**

 **Ted Temertzoglou and Paul Challen**

**Essentials of Strength Training and Conditioning**

 **Thomas R. Baechle**

**Periodization – Theory and Methodology of Training**

 **Tudor O. Bompa, Fourth Edition**