

Instructor:				
Course/Area: Bigfork Strength Training		Semester Class (90 days)		Grade:
Time	Content/Topics	Standard	Skills/Process	Assessment/Products
5 Days	Classroom (written test) General Information Benefits Terminology	Inquiry and Research Issue Analysis A student shall research an issue and evaluate proposed positions or solutions by: A. gathering information on past or contemporary issues; B. identifying relevant questions or a range of points of view; C. summarizing relevant background information; D. examining information from each source for bias and intended audience; E. identifying areas of conflict, compromise, or agreement among various groups concerning the issue; and F. evaluating multiple positions and proposed solutions for the issue, including analyzing conclusions, arguments, and supporting evidence; identifying motives of groups or individuals; analyzing feasibility and practicality; identifying impact on policies; comparing alternative solutions; and projecting consequences.	teacher demonstration analysis research skills	daily record keeping strength assessments written tests
2 Days	Safety Spotting Lifting	Inquiry and Research Issue Analysis see above	teacher demonstration analysis research skills	issue analysis project (inquiry) observation
2 Days	Technique (initial) daily throughout unit	Inquiry and Research Issue Analysis see above	teacher demonstration analysis research skills	student demonstration

Instructor:				
Course/Area: Bigfork Strength Training		Semester Class (90 days)		Grade:
Time	Content/Topics	Standard	Skills/Process	Assessment/Products
8 Days	Strength Evaluation	Inquiry and Research Issue Analysis see above	teacher demonstration analysis research skills	student demonstration
5 Days	Research Project Inquiry	Inquiry and Research Issue Analysis see above	teacher demonstration analysis research skills	student demonstration
68 Days	Strength Training Record Keeping Actual Lifting Goal Setting Increase Strength	Inquiry and Research Issue Analysis see above	teacher demonstration analysis research skills	student demonstration