

Game/Activity: Strength and Conditioning Research Assignment

Grade Level: Secondary

Description:

Senior Strength and Conditioning Assignment

This assignment provides senior Strength and Conditioning students with an opportunity to expand their knowledge on a topic of their choice. The assignment is research focused, but also provides enough guidance to assure meaningful learning occurs.

In this Assignment you will research **ONE** of the following topics. Gather as much information as you can about the topic and present the information. You can choose the way the information is presented, but the following are suggestions: Powerpoint presentation, report (with images), poster, collage, video and so on. Each response should provide a full understanding of the topic with **detailed descriptions and images**. The information should be in your **own writing** – **DO NOT CUT AND PASTE THE INFORMATION UNLESS THEY ARE IMAGES** – and you will need to cite and provide a **list of resources** where the information came from. Try to find at least **3 resources** on a given topic and **DO NOT** include Wikipedia as a source of information.

Topic Options:

1. Somatotypes
 - What are they?
 - What is the history behind them?
 - Explain each one...
 - How are they determined?
 - What do they look like (extremes)?
 - Provide suggestions for training (each somatotype).
2. Muscle Contractions
 - What are the types of muscle contractions?
 - Describe each contraction and provide examples of each one?
 - Are some muscle contractions better for certain sports? Provide examples.
 - What is negative training?
 - How do you do it?
 - What is it designed to do? Explain.
3. Body Movements
 - What are the different types of joints in the human body? Provide examples or images.

- Describe all the movements of the following joints. Provide images and exercises for each movement
 - Shoulder
 - Elbow
 - Wrist
 - Hip
 - Knee
 - Ankle

Choosing one of the following topics will help you understand how to either exercise for a certain body type, how muscles can create movement, and all the movements the skeletal system is capable of making. This knowledge is useful to help you create an exercise program that will work all the muscles in your body. A full body workout provides balance and good posture. It also prevents muscular imbalances which can cause injuries.

Rubric

Detailed Information /4

Appropriate Images /3

Resources /1

Clear Concise and carefully edited /1

Visually appealing with appropriate titles /1

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