

Strength & Conditioning Webquest

WebQuest Description: Throughout the course of this semester we have been studying some of the basics of strength and conditioning. Strength and conditioning in and of itself is a very broad and fluid field. In collegiate and professional athletics its role is to prepare the athletes for competition. This is done in 4 phases: Prep Phase (getting the body in shape to train) Strength Phase (develop strength capabilities) Power Phase (introduce jump variations and speed work to enhance plyometric power) Pre-Competition Phase (begin to introduce sport specific movements, use previously developed strength and power capabilities). In the field of strength athletics, strength and conditioning takes on an additional role. Not only is it used to train the athletes but it is also the foundation of their respective sports. Whether it's a world record dead lift by Andy Bolton in the sport of power-lifting, a world record log press by Zydrunas Savickas in the sport of strong man, or a world record power clean by Olympian Pyrrros Dimas, strength and conditioning serves as the back bone and platform for these athletes. Each sport trains just a bit differently. For example in collegiate and professional athletics, a basketball player will not train the same way as a football player. Even in the field of strength athletics, each subset trains differently. A power lifter trains differently than an Olympian and vice versa. There are a multitude of training modalities. Each modality has a specific aspect that makes it different than the next method. Two lifters may use the same training method but they further manipulate and change certain things so it is fully customized toward their needs for their respective sports. This is why the field of strength and conditioning is fluid and ever evolving. Nothing stays the same! Adapt or perish!

Grade Level: College / Adult

Curriculum: Health / PE

Keywords: Strength, Conditioning, Olympic Lifting, Powerlifting, Strong-Man

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Introduction

This webquest will walk students through all related strength & conditioning course content. Topics include but are not limited to: 1. Strength & Conditioning 2. Research 3. Training Modalities/Methods 4. Exercise Technique 5. Programming 6. Material Discussion

Tasks

Each of these tasks will take students to a Google Classroom, where they learn about the different content and be able to complete assignments. Instructional Display <https://classroom.google.com/r/MzU1OTk1NjQ5OTda/sort-last-nameClass> Code: 78wb66u Museum Display <https://classroom.google.com/w/MzU1OTk1NjQ5OTda/tc/MzU2MDEwMjUzOTFaClass> Code: 78wb66u Social Media <https://classroom.google.com/w/MzU1OTk1NjQ5OTda/tc/MzU2MDEwMjUzOTJaClass> Code: 78wb66u Ethics Case Study <https://classroom.google.com/w/MzU1OTk1NjQ5OTda/tc/MzU2MDEwMjUzOTNaClass> Code: 78wb66u Webquest Scenario <https://classroom.google.com/w/MzU1OTk1NjQ5OTda/tc/MzU1OTk4MzA2NTdaClass> Code: 78wb66u Cultural Connections <https://classroom.google.com/w/MzU1OTk1NjQ5OTda/tc/MzU2MTMzMtK0MTNaClass> Code: 78wb66u

Process

Students will work through the tasks in this webquest throughout the course of the semester. Upon completion of this webquest, as a final project, students will write a research/reflective paper on all that they have learned through the webquest. This will be a culmination of all course content and materials. I am not focused on the length of the paper, but more so with the content in it. This final paper will be worth 300 points and count toward a significant portion of the course grade.

Evaluation

Each portion of the webquest has its evaluation tools within it. This evaluation tool will cover the final paper. The overall point value for this paper is 300 points. It is a large assignment, worth a large portion of your grade. Do your best! Points will be awarded as follows: 300 Points for the completion of the paper 1. Students will develop a formal research/reflection paper: 2. Student will have well-developed thoughts and insights to ALL course material: 50 POINTS 3. Student will have a section talking about their training program from the Cultural Connections segment: 50 POINTS 4. Student included pertinent information and outside research with appropriate citations: 50 POINTS 5. Student will talk about their process for developing their training cycle, what sources did they find most useful/least useful: 50 POINTS 6. Student will talk about their aspirations after this class, sit for certification exam, internships, GA positions: 50 POINTS 7. Points will be awarded for appropriate formatting and grammar (12 point Times New Roman Font, Cover Page, Headers, APA style): 25 POINTS 8. Points will be award for turning in the assignment on time: 25 POINTS A: 90-100 B: 80-89 C: 70-79 D: 60-69 F: 0-59

| Category and Score | | | | | Score |
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Conclusion

The purpose of this assignment was to give students a broad and all encompassing way of thinking about strength and conditioning. During this semester we have focused on very specific topics within the field of strength and conditioning. We have talked about different methodologies and different movement fundamentals. This assignment was an attempt to put together several different concepts, and apply those concepts to something different within the field. The goal of this webquest was to prepare students for their certification exams as well as different career opportunities through the contacts they made with other strength coaches during their cultural connections portion of the webquest. It has been a pleasure working with you all!

Teacher Page

Colleagues, I thoroughly enjoyed putting this webquest together. With a background in powerlifting and an enjoyment for strength athletics, it was a pleasure to walk my students through the way they train as well as all the guidelines they must adhere to when prepping for their competitions. One simple mistake can cost them a competition, and in the case of the Olympic athletes, they will have to wait 4 years before getting another shot at it. This is a very cliquey subset of strength and conditioning, and one that needs more attention than what it gets. Before using this webquest in your classroom, I would advise brushing up on the different federations websites. There is a wealth of information on them that can be used, that I simply didn't have time to include.

Standards

This webquest is within the Exercise Science discipline. More specifically the field of strength and conditioning examining the subset of strength athletics. Students completing this assignment are at the collegiate level. Exercise Science/Kinesiology/Exercise Physiology major students. Students taking this class and examining this webquest are ultimately looking to sit for their strength certification.

Credits

Sources used:Olympic WebsiteUSA Olympic Team WebsiteIPF WebsiteIPF YouTube ChannelWorld's Strongest Man WebsiteWorld's Strongest Man YouTube ChannelJuggernaut Squat and Deadlift ManualUSA Weightlifting ManualProgramming Article written by Louie Simmons of Westside Barbell

Other