

Strength & Conditioning

Summit High School

Course Description:

This course is designed to offer students with a basic and advanced understanding of strength and conditioning. Emphasis will be placed on developing one's own personal fitness and health. Further emphasis will be placed on developing a familiarity of requisite techniques, knowledge of individual programming, weight room etiquette, and personal hygiene practices. Students will benefit from a progressive and comprehensive weight training routine. Students will be empowered to make wise health choices, meet personal challenges, and develop a positive association toward fitness, wellness, and movement patterns necessary for healthful living.

Course Outcomes/Objectives:

Uses movement concepts and principles (e.g., force motion, rotation) to analyze and improve performance of self and/or others in a selected skill.

Discusses the benefits of a physical active lifestyle.

Demonstrate appropriate techniques on resistance-training machines, free weights, and various other resistant training methods.

Identifies primary and secondary skeletal muscle groups effected for specific resistance-training exercises.

Recalls training principles and methods affecting the development of fitness.

Describes physiological effects on the body as a result from aerobic and anaerobic movement.

Identifying key vocabulary and resistance training terminology

Defines types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development

Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a healthy, active lifestyle.

Creates a plan, and trains several times a week in a self-selected lifetime activity, or fitness activity outside the school day.

Describe spotting techniques in a variety of resistance training exercises and necessary aspects of a quality spotter.

Identify key weight room etiquette, and do's and don'ts in the weight room.

Enrollment:

Sophomores

Juniors

Seniors

Length/Duration of Units: 1 Marking Period