

Course Name: Advanced Conditioning

Duration: 1 Semester Full Year

Grade Level: 9th 10th 11th 12th (check all that apply)

Are there any prerequisites for the course?

No

WHAT this course is about:

Introduction to resistance training and physical conditioning techniques

WHY take this course:

Improve knowledge of resistance training
Improve physical abilities and performance
Learn techniques for improving performance

WHAT you'll learn:

How to develop a resistance training plan
How to select appropriate exercises
Improving technique for specific exercises
How to modify exercise intensity
How to create fitness goals
How to analyze techniques of others
Learn coaching cues
Learn and understand how to monitor progress
Learn and understand how to collaborate with others
Learn technique specific to many lifts, including squat, bench press, clean, deadlift

WHAT you'll do:

Goal setting
Performance Assessments
Create a workout plan
Learn about training principles
Participate in resistance training
Lift weights including squat, bench press, clean, deadlift
Concepts of running and jumping techniques
Evaluate the techniques of others

WHERE this could take you:

If you are interested in improving your physical abilities or have the desire to learn more about resistance training this course is for you. This class is a good starting point for those with little training experience.

OPTIONAL Course Outline (“scope and sequence”, sequence chart, etc.)

Click or tap here to enter text.