Athletic Physical Education

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Course Description	This is an introductory weight training course where students will be taught proper lifting technique on functional movements that will enhance their quality of life. Functional movements are universal motor recruitment patterns that will improve strength, stamina, cardio and respiratory endurance, power, flexibility, speed, coordination, agility, balance, and accuracy. Students will learn proper weight room etiquette and safety procedures, as well as develop accountability and cohesiveness with their classmates. Nutrition and healthy lifestyle habits will also be a point of emphasis.
Course Objectives	Students will be able to properly perform and demonstrate the following lifts: squat, back squat, front squat, press, push press, jerk, bench press, deadlift, power clean, and clean.
Evaluation	Students will be evaluated based on their attendance and effort. Show up every day, dressed properly, and be ready to work. They will receive a daily grade for participation. They will also be graded on their technique and load progression throughout the semester.
	Final Grade: 90%=A 80%=B 70%=C 60%=D

Week 1	Explanation of class objectives and expectations. Proper weight room safety procedures and class etiquette.
Week 2	Body weight exercises. Emphasis on body control and ingrained movement patterns.
Week 3	Light external load movements. Introduce basic barbell exercises.
Week 4	Slowly increase load as movement patterns and body control improve.
Week 5	Upper/Lower/Olympic/Hybrid Slowly increase load and continue to build functional athletes.
Week 6	Form Running/Sprint Mechanics Agility/Change of Direction
Week 7	Upper/Lower/Olympic/Hybrid Slowly increase load and continue to build functional athletes.
Week 8	Form Running/Sprint Mechanics Agility/Change of Direction
Week 9	Upper/Lower/Olympic/Hybrid Slowly increase load and continue to build functional athletes.
Week 10	Form Running/Sprint Mechanics Agility/Change of Direction
Week 11	Upper/Lower/Olympic/Hybrid Slowly increase load and continue to build functional athletes.
Week 12	Form Running/Sprint Mechanics Agility/Change of Direction
Week 13	Upper/Lower/Olympic/Hybrid Slowly increase load and continue to build functional athletes.
Week 14	Form Running/Sprint Mechanics Agility/Change of Direction
Week 15	Upper/Lower/Olympic/Hybrid Slowly increase load and continue to build functional athletes.
Week 16	Form Running/Sprint Mechanics Agility/Change of Direction
Week 17	Upper/Lower/Olympic/Hybrid Slowly increase load and continue to build functional athletes.
Week 18	Form Running/Sprint Mechanics Agility/Change of Direction