

High School Syllabus

Department: Health and Physical Education

Course #: 10E

Grades: 10-12

Course Title: Strength and Conditioning I

DESCRIPTION OF COURSE: Strength and Conditioning is a combination of performance weight training, speed and agility development, core strength, swimming and classroom activities. The following components will be discussed: goal setting, sport conditioning, injury prevention, and health and fitness assessments, and individualized program design. Strength and Conditioning is an intense fitness training course. Students must have earned an A- or higher in previous P.E. class in order to gain entry into this course.

REQUIRED TOPICS OF STUDY	SUGGESTED INSTRUCTIONAL TIME	STANDARDS/ ELIGIBLE CONTENT	
Muscular Strength	3-4 x per week	10.4.12 a,b	10.5.12 b,c,d,e
Muscular Endurance	3-4 x per week	10.4.12 a,e,f	10.5.12 b,c,d,e
Cardiovascular Fitness	2x per week	10.4.12 a,e,f	10.5.12 b,c,d,e
Flexibility	2-3x per week	10.4.12 a,e,f	10.5.12 a,b,c,,e
Program Design	1-2x per week	10.2d	10.5.12 a,b,c,e
Swimming	1x per week	10.4.12 a,e,f	10.5.12 b,c,d,e

RESOURCES: 1. PECentral.com 2. Secondary Activities Book 3. Fitnessgram Test 4. Computers – Fitness Testing Research/Tables
 5. Red Cross Swimming & Safety Book 6. Current Health Magazines 7. Academic PE Learning Packets 8. PIAA Rulebooks