

**Elizabethtown Area School District  
Scope & Sequence - Quick Reference**

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**Department:** Health and Physical Education

**Course:** Strength and Conditioning I

**Grade Level(s):** 10-12

**Course Description:** This course is designed for serious athletes and fitness enthusiasts who are interested in improving their personal fitness and/or improving performance in their sport/activity. Topics include strength training, cardiovascular endurance, flexibility, muscular endurance, agility, speed, power, balance, coordination and other related aspects of personal fitness and athletic performance. Evaluation is based upon a demonstration of knowledge through written assignments, lifting technique analysis, teacher-prepared assessments and completion of various physical activities. By the end of the course, students will research, develop and present a multi-phase team strength & conditioning program to their peers. This course has a major classroom component to it and is structured to alternate working in the classroom and in the gym/weight room throughout the semester.