

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



Department: Health and Physical Education

Course: Strength and Conditioning II

Grade Level(s): 10-12

Course Description: This course is designed for the serious athlete, fitness enthusiast and/or student with interest in the exercise science field of study. The overriding concept of this course will be Periodization - year-round training structured into phases to meet sport-specific/fitness goals. It is based on the principle that by varying the timing and intensity of the workouts, the greatest gains in strength, speed, power, and endurance can be achieved. This course will help students understand the role periodization plays in athletic competition/physical performance, why it is used, and how to integrate it into a comprehensive training program. Additionally, this course will expand on principles and training methods learned from S&C 1 along with continued development in the areas of nutrition, technique development and both health & skill-related components of fitness.