

General Course Information

Course Name: Strength & Conditioning (Girls)	
Department: PE/Health	Grade Level(s): 10-12
Duration/Credits: 1 sem/.5 credit	Prerequisites: none
BOE Approval Date:	Course Code: H8015
Course Description:	
This course is designed for the student who is interested in learning the fundamentals of strength training and conditioning. Weight training, cardiovascular fitness, and safety are the areas of emphasis.	
Course Rationale:	
This course teaches students how to remain healthy through all stages of life, especially pertaining to muscular strength, endurance, and cardiovascular health.	
Course Objectives:	
<p>The student will set personal strength training goals and report factors that will help to achieve those goals.</p> <p>The student will create a personal fitness plan by the end of the semester.</p> <p>The student will demonstrate an increase in total muscular strength and aerobic capacity by keeping a written chart or graph. (A+ Writing)</p> <p>The student will identify strength and conditioning equipment and apply proper lifting and spotting techniques when using the equipment.</p> <p>The student will participate in a variety of activities that will increase personal strength.</p> <p>The student will present the relationship between nutrition, exercise, and weight control. (A+ Speaking and Listening)</p> <p>The student will read about and research the benefits of strength training related to muscle groups and develop a plan for personal use. (A+ Research and A+Reading)</p> <p>The student will participate in Missouri fitness testing.</p>	
Standards Alignment:	