

## General Course Information

<b>Course Name:</b> Athletic Conditioning	
Department: Physical Education	Grade Level(s): 10-12
Duration/Credits: 1 sem/.5 credit	Prerequisites: Application process
BOE Approval Date:	Course Code: H8037
<b>Course Description:</b>	
<p>This high-intensity course is designed for the student who wants to develop an advanced level of fitness and training knowledge. The relationship between proper nutrition and advanced performance will be emphasized. Dynamic movements, advanced lifting techniques, and cutting-edge agility training are the focus of this course.</p>	
<b>Course Rationale:</b>	
<p>Students who have achieved a high level of fitness want to push themselves to set rigorous fitness goals. This course teaches students how to develop an advanced fitness level pertaining to strength, endurance, and cardiovascular health.</p>	
<b>Course Objectives:</b>	
<p>The student will participate in targeted activities for personal fitness goals.</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 apply proper lifting and spotting techniques.</p> <p>The student will research the relationship between nutrition, exercise, and weight control and present their findings. (A+Speaking and Listening A+ Research)</p> <p>The student will read about the benefits of strength training related to muscle groups and develop a plan for personal use. (A+Reading)</p> <p>The student will participate in fitness testing.</p>	
<b>Standards Alignment:</b>	
List standard set(s) to which course has been aligned	