

**Davison Community Schools**  
**BFS/Strength & Conditioning/Fitness**

**Course Outline**

- Weight-Lifting

**Priority Standards**

S1 .3 L2	Fitness activities. Demonstrates competency in a variety of motor skills and movement patterns.
S2 .2 L1	Movement concepts, principals and knowledge. Applies knowledge of concepts, principals, strategies, and tactics related to movement and performance.
S3 .7 L1 & S3. 9 L1	Fitness knowledge. Demonstrates the knowledge and skills to achieve a health enhancing level of physical activity and fitness.
S4. 2 L1, S4. 3 L1 & S4. 5 L1	Rules and etiquette, working with others, safety. Exhibits responsible personal social behavior that respects self and others.
S5. 1 L1 & S5. 4 L1	Health and social interaction. Recognizes the value of physical activity for health, enjoyment, challenge, self expression, and or social interaction.