



LINCOLN-WOODSTOCK COOPERATIVE SCHOOL DISTRICT

COURSE SYLLABUS

Course Name: Strength and Conditioning

Length: Semester

Teacher: Courtney Peabody

Course Description:

This hands-on course is designed to help students improve their physical fitness, strength, and overall well-being through personalized training. Students will learn how to create realistic SMART fitness goals, develop a custom workout plan, track their progress, and reflect on their results. With a balance of theory and practice, this course aims to build both knowledge and lifelong healthy habits.

Competencies or Standards Assessed:

NPES: National Physical Education Standards

1. Demonstrates self-awareness by identifying personal benefits of physical activity, develops essential personal skills (e.g., goal setting, self-management), and consistently chooses to engage in a variety of physical activities to support lifelong health and well-being.
2. Integrates knowledge of movement principles, health-related fitness components (e.g., cardiovascular endurance, muscular strength), and exercise concepts to analyze personal performance and set appropriate fitness goals.
3. Acquires and refines a broad repertoire of fundamental motor skills, demonstrating coordination and control across different movement categories.

Anchor Texts or Major Curriculum:

Shape America

Course Outline (major units of study):

Unit Title	Essential Question or Overarching Understanding
Introduction to Weightlifting	• What foundational knowledge and behaviors are absolutely necessary to ensure a safe and successful weightlifting environment for myself and others? • What are my specific, personal motivations and desired outcomes for engaging in weight training, and how will these sustain my commitment to physical activity? • Where am I starting, and what are my

	current movement limitations or strengths that will impact how I begin my weightlifting journey?
Principles of Strength and Program Design	• How do core training principles translate into the practical design and execution of an effective strength training routine? • How can I create a SMART goal to help me achieve my desired outcome? • How can I use concepts and performance data to accurately measure my progress and make informed decisions about modifying my training intensity?
Program Reflection	• How effectively have I acquired and refined the necessary motor skills, and how can I adapt my technique or training volume to overcome barriers or address specific muscle imbalances? • Was my initial weightlifting program successful in achieving my personal goals?

Portrait of a Learner

Independent Learner

I make thoughtful plans and do my best to reach personal goals using feedback to work through challenges.

Responsible Collaborator

I work with others to achieve shared goals by listening actively, contributing ideas, and managing conflict.

Critical Thinker

I analyze information, ask thoughtful questions, and apply reasoning skills to solve problems and make decisions.

Effective Communicator

I express ideas clearly, adapting strategies based on the audience, setting, and/or purpose.

Global Citizen

I show that I care and take responsibility by helping in my community and the world around me.

Additional Classroom Expectations:



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Be respectful to yourself, others, and all equipment.
Come to class prepared for physical activity.
Prioritize safety and use correct form during all exercises.
Participate actively and give your best effort every day.