

Advanced Strength Training and Conditioning

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Course Description

This course will provide students with an opportunity to create their own individualized fitness program based on their personal needs and goals. Course activities will enable students to achieve their individual potential and prepare them for lifelong fitness. Students will be challenged to set and achieve individual goals based on their personal fitness needs. Students will also gain the knowledge required to create, implement, evaluate and adapt an individualized fitness plan in order to accomplish their goals.

Course Content

1. The proper warm up
2. F.I.T.T. in Fitness
3. Components of Fitness
4. Goal Setting
5. Sample Workout Plans
6. Anatomy and Kinesiology
7. Assessing your fitness levels
8. Designing a personalized fitness plan

Outcomes

The learner will:

1. Develop an individualized strength and conditioning plan.
2. Create goals based on individual needs.
3. Understand basic fitness principles.
4. Understand basic anatomical and physiological knowledge as it relates to strength training.
5. Be exposed to various sport-specific methods and strategies as well as many modern strength and conditioning techniques.

Daily Dress Requirements

All students are **required** to dress for Physical Education class.

1. You may elect to wear a plain white or grey crew neck t-shirt (no markings or lettering) or any Methacton wear, including t-shirts/shorts supporting all activities.
2. All uniforms should be marked with your name only.
3. Sneakers are required and must be tied appropriately. No other footwear is permitted in the weight room.
4. Socks must be worn.
5. Shorts are to be worn pulled up to the top of the hip bone. No low riders. Anything worn under the uniform must be completely covered by the uniform. Do not alter your uniform in any way.
6. Physical Education uniforms must be different from clothing worn to school.
7. No Jewelry

Grading

Students will have points available to them each activity day for both preparation and effort.

5 Points Preparation: Student fulfills proper uniform requirements.

5 points Effort- Student fulfills the day's objective and puts forth their best effort.

Students will also complete various in class and homework assignments for credit toward their overall grade.

Missed Classes/Class Make Ups

Students that miss class will earn 0 preparation/participation points available for that day. Students have the ability to make these points up by staying after school to workout with the off season athletes. Students must follow dress requirements, complete a warm up and 30 minute workout in order to earn the full 10 points. If a student misses a non-weight room physical activity day, he/she will be required to complete whatever activity was missed. Ex. A student that misses a fitness assessment day must complete the assessment before or after school to earn the 10 missed points. If a student misses a class day, he/she must meet with the teacher to discuss missed assignments and the proper course of action needed to be taken to make up any missed points for that day. Missed activity days must be made up within 10 school days.

Injuries

All injuries must be reported to the teacher immediately whether they occur in class or outside of class. Injuries preventing full participation in class will be dealt with on a case to case basis. The goal will be for all students to be physically active at all times however, based on the severity of the injury, a doctor's note may be required to clear a student to participate. Only students with an excuse from a **medical doctor** will be excused from participation in regular activities. Medical excuses involving extended illness or injuries must be presented to your teacher within one week of the onset of your condition. If a student is required to miss more than two consecutive days, he or she will complete an independent study.

Rules for the locker room

1. No food, beverages or gum anywhere.
2. No glass containers are permitted in the locker room.
3. Do not enter the P. E. office unless you are admitted by a teacher. You must always knock first and wait to be let in. Disciplinary action will be taken against any student in the P. E. office without permission.
4. Do not play games in the locker room, stand on the benches, throw things, or abuse the lockers. **DO NOT USE CELL PHONES IN LOCKER ROOM AREAS.** Keep locker room orderly and use containers for trash.

Locks

1. All students will be given a combination locker to keep their uniform and valuables. Make sure your locker is locked. This is your responsibility!!
2. Teachers will NOT be responsible for valuables lost or stolen because of carelessness or forgetfulness
3. Do not give your combination to anyone or let them use your locker.
4. Use only the locker you are assigned, do not move to another area.
5. Keep your locker locked at all times, lock up all valuables