# Centura High School Physical Education Program

**Strength Training and Conditioning Strength Training and Conditioning Course Syllabus**

Instructor: Chris Bode cbode@centuraps.org Phone: 485-4258 Ext: 226 Class Meeting Site: Weight Deck

## Course Description:

Strength Training and Conditioning is an elective course designed to teach students the correct techniques of lifting weights. The strength training program will also consist of performing plyometrics, and aerobics in order to help strengthen the aerobic endurance as well as the muscular strength of each student.

Strength training is an all-encompassing term used to describe all endeavors aimed at increasing one's strength and pushing the body's potential to further heights. Weight training is a specific type of strength training that specifically uses weights to achieve its goals. Proper weight training incorporates many cardiovascular benefits, but its chief goal is to build muscle in a healthy, educated, and safe manner.

This course will provide a comprehensive view of muscular function – how muscles work, how they grow, the nutrition they need to propel growth, how their development can facilitate fat loss, and how to safely exercise using the proper form and technique.

###  Essential Learnings:

1. Demonstrate proper safety procedures and use of equipment in the weight room.
2. Display an understanding of basic strength training principles and terminology.
3. Be able to identify lifts used for developing specific muscle groups and body parts.
4. Be able to demonstrate an understanding of physical development resulting from a sound strength training program.
5. Demonstrate proper lifting and spotting techniques while using the weight room.

### Objectives/Content:

1. To introduce the students to strength training as a lifelong activity.
2. To learn basic concepts of strength training using different types of resistance formats.
3. To learn the muscles used in individual lifts, their names, locations and functions.
4. To learn proper technique of a wide range of strength exercises.
5. To provide students with the opportunity to improve his/her fitness level.
6. To expose students to methods of objectively evaluating lifting programs and for measuring strength, muscular endurance and power.

### Requirements:

**The student will:**

1. Engage in a program of self-improvement.
2. Execute good time management skills.
3. Display knowledge of proper lifting/spotting techniques.
4. Acknowledge and practice safety procedures.
5. Develop self-awareness; Plan and adjust personal workouts.
6. Encourage and assist/coach classmates.

**ATTIRE:** Students must wear proper activity clothes and proper footwear (no open toed shoes) to class as defined by their instructor. Rings and dangling jewelry such as necklaces, bracelets and long earrings are not to be worn during class activity times.