

## Cobbler Power

### RCAS Policies/Procedures:

Students will be required to follow all RCAS policies and procedures. To view the RCAS High School Student Handbook, click [handbook](#).

### Course Description:

The emphasis of this class will be the development of athleticism through advanced lifting practices. Students will be taught advanced lifts, strength training periodization, and proper nutritional practices to enhance athletic performance. Sport specific development will also be an emphasis in this class.

### Textbook:

N/A

### Required Resources:

N/A

### “Limited Choice” Resources: (students will be asked to choose at least one title from this list)

N/A

### Student Choice:

Will student be asked to choose additional reading material from the classroom or school library?

No

## **Essential Questions:**

### **Essential Learning Intentions:**

1. Students will engage in a challenging physical activity daily with the understanding of long-term benefits and proper motor skills.
2. Students will demonstrate competency in a variety of motor skills and movement patterns to enhance performance.
3. Students will demonstrate responsible personal, social, and emotional behavior that respects self, others, and environment.
4. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
5. Students will recognize the lifelong value of physical activity for health and wellness.