

Strength & Conditioning

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 workouts that focus on speed, power, muscle endurance, and the cardiovascular system. Cardiovascular/power circuits may include jump ropes, running, plyometrics, balance discs, medicine balls, stability balls, etc. Sport specific development will also be an emphasis in this class.

Textbook:

Required Resources:

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

Student Choice:

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

No

Essential Questions:

Can the student perform proper dynamic warmup routine?

Can the student perform core lifts properly with correct form?

Can the student perform auxiliary lifts with correct form?

Does the student understand the purpose of injury prevention warmup and stretch technique?

Does the student understand the purpose of proper form?

Does the student understand weight room etiquette and safety?

Essential Learning Intentions:

To create lifelong healthy citizens.

To develop young people who understand gym etiquette.

To develop young people who understand safe and proper lift and exercise forms.

To develop young people who can lead others in terms of healthy lifestyles.