

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 main emphasis of this class will be the development of strength, power, and muscle endurance. The secondary emphasis will be placed on the cardiovascular system. Students will be taught the proper technique in using machines, free weights, spotting procedures, and a variety of weight training workouts. Cardiovascular circuits may include plyometrics, balance discs, medicine balls, and stability balls. Physical fitness testing will be required throughout the semester. During the semester, health instruction will be presented, and students will be required to complete coursework related to those health issues.

Textbook:

None

Required Resources:

Any readings will be available on Canvas. If a physical copy is needed, please discuss with your teacher and they will have one available for the student.

“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:

How can students demonstrate proper techniques for using various weight lifting equipment (e.g., free weights, machines, dumbbells) and what strategies can they employ to ensure correct form and prevent injury?

In what ways can students design and implement a diverse weight training program that effectively improves strength and endurance, and how do they evaluate the progress and benefits of their fitness routines?

How do students reflect on and articulate the benefits of weight training and aerobic conditioning, and how do they integrate health-enhancing behaviors into their lifestyle to prepare for college or career readiness?

Essential Learning Intentions:

Students will execute proper techniques for weight lifting, free weights, machines, dumb bells, etc. Strength and endurance will increase by using a variety of weight training programs.

Students will appreciate the benefits and enjoyment of weight training and aerobic conditioning.

Students will develop an appreciation for health enhancing behaviors.

By the end of high school, the learner will be college or career-ready as demonstrated by the ability to plan and implement different types of personal fitness and weight lifting; describe key concepts associated with successful participation in weight lifting; model responsible behavior while engaged in physical activity; and emerge in physical activities that meet the need for self-expression, challenge, employment opportunities, social interaction and enjoyment.