

## **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:**

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

**Success Criteria:**

- Demonstrate proper form and technique for each weightlifting exercise.
- Maintain good posture and alignment throughout exercises.
- Execute movements smoothly and with control.
- Follow safety guidelines and use appropriate safety equipment.
- Know how to set up and use weightlifting equipment safely.

**Essential Learning Intentions:**

1. Students will understand and practice safety protocols and precautions while engaging in weightlifting exercises.
2. Students will develop proper techniques in weightlifting exercises to maximize safety.