



2024-2025

Rapid City  
Stevens High School

## **Raider 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

**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.