

STRENGTH & CONDITIONING CLASS

PREREQUISITES: Students must have the instructor's approval along with coaches' signatures from 2 varsity sports

OBJECTIVES: Resistance Training for Maximum Strength and Improved Athletic Performance



- Apply principles of resistance training
- Safety techniques (spotting, proper body alignment, lifting techniques, spatial awareness, and proper breathing techniques)

- Demonstrate an understanding of proper weight training principles and concepts in order to achieve desired results
- Perform basic resistance exercises (including free weights, bodyweight, weight machines, exercise bands and tubing, medicine balls, etc.)
- Advanced techniques of weight training



DESCRIPTION: This course is designed to increase maximum



strength, power, flexibility and mobility in student-athletes. Students will engage in high intensity strength training both during their offseason and their competitive season

EXPECTATIONS: Students are expected to report to Mansion Park for class each morning prepared for intense physical activity