

# Olathe Northwest Strength and Conditioning

## Course Essentials:

The purpose of this course is to enable students to acquire a more than basic knowledge of how to achieve and maintain a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies. The content should include, but not be limited to the following: safety practices, rules, terminology, etiquette, weight training, group stretching, sprinting and change of direction activities and form running.

## Summer School Weights Attendance



1. This is for all grade levels (9-12)
2. Must Attend 80% of required summer school workouts.
3. Expectations will be cleared through PE department or a Head Coach
4. Approval from previous weight training instructor
5. **Pre-requisite-** At least one year of weight training at ONW or another school
6. 56 openings per hour/ 6 total classes

### Classroom Structure:

- 1<sup>st</sup> hour- Varsity Football Players approved by Head Football Coach
- 1 hour of Freshman Weight Training
- 1 hour of a Female Weight Training Class
- 3 hours of Weight Training to accommodate students schedules

## Course Description

The weightlifting class was designed to provide each student with the knowledge needed to understand the importance of strength and fitness training. Students will understand the importance of safety, team building, setting goals for personal improvement and achievement, and will leave the class with a lifelong understanding of how to maintain adequate and safe physical fitness for a healthy lifestyle.

### Class Objectives:

- The student will improve their muscle strength and endurance through weight training exercises.
- The student will gain knowledge of equipment and safety procedures with free weights and machine weights.
- The student will recognize the benefits of regular physical activity and see first-hand the effects on themselves through class participation.
- The student will gain knowledge of developing a weight-training program and training principles.

**Assessments:** Personal Workout Sheet, PFT Improvement Assessment Teacher observation Pre – Testing/Goal Setting for max weight lifts on core lifts as well as speed and agility tests.

