



Fitness and Conditioning



Course Description

Students in Fitness and Conditioning will create and implement personal fitness programs for their specific sport. Programs will be a collaboration between the teacher, coach of the sport and the student. The 5 principles of training will be included within the program as needed: Cardiovascular Fitness, Flexibility, Muscular Strength, Muscular Endurance and Body Composition. Students will also include active recovery days within their program to allow for proper rest and recovery. Each completed quarter of Fitness and Conditioning will satisfy 5 PE credits or 5 Elective credits.

Expectations

- Students will dress out and participate 5 days a week
- Students will create a personal fitness program monthly
- Students will check in weekly with the instructor to show completion and prepare for the following week

Student Background

- Participation in a Westview athletic program

Suggested Preparatory Courses

- ENS 1-2 and ENS 3-4