

READINESS PROFILE & COURSE EXPECTATIONS

Team Athletics/Weights

COURSE DESCRIPTION

Athletic Weights is designed to help prepare students with sports specific strength and conditioning practices to help them succeed at a competitive level. Students will be involved in advanced isotonic weight lifting exercises, speed training drills, competitive exercises, and cardiovascular endurance training. Satisfies 10 units of PUSD Physical Education requirement.

COURSE CONTENT AND EXPECTATIONS

- Expectations:
 - Dress out and participate daily
- Content:
 - Aligned to the CA State Physical Education Standard class 3F
 - 3-4 days of Strength Training (Free Weights and Cross Training Exercises)
 - 1 day of Cardiovascular Endurance Training
 - Other activities infused within the weekly schedule:
 - Team Drills
 - Speed Training
 - Team Building

MAJOR UNITS OF STUDY

STUDENT BACKGROUND

Suggested preparatory courses: **ENS 1-2 & ENS 3-4**

Please see syllabus for additional course rules and information