**Trinity High School**

**Advanced PE Football/Weight Training**

**Course Description/Objective**: Advanced Weight Training is a course that will focus on muscular strength, muscular endurance, cardiovascular endurance, flexibility, body composition, and overall physical fitness.

**Students will be able to**: demonstrate how to use weightlifting equipment, identify stretching and condition exercises, and determine if weight training is one of their life-time fitness activities.

**Class Requirements:**

-Dress Out

-Participate

- Gym shorts or sweat pants and gym shirt (no short shorts)

- Tennis shoes (no Sperry’s or sandals)

**Procedures:**

* Report to the locker room and dress out
* You will have 10 minutes at the beginning and end of class to get dressed and report to the designated area
* Always come to class prepared

**Grading Scale:**

Dress Out/ (Minor Assessment): 25%

Participate: 50%

Performance/ (Classwork): 25%

Each week each student starts with a 100, every day a student does not dress out is a 20 point deduction.

**Weekly Routine:**

We will train 3 days a week, alternating muscle groups each day. We will incorporate strength and conditioning, cardio, and cross-fit/functional fitness so that all areas of fitness are addressed. We will study game film of the opposing team and the previous game played. Anything football related can be included in this class.

**Each Semester Includes:**

* Introduction to exercises/equipment and the muscles that they work.
* 1 Rep Max of each core lift: Bench press, Squat, and Power Clean
* A weight progression program that will allow the student to increase strength throughout the semester
* Use of bands/chains, supersets, and cross-fit exercises to give students a wide variety of movements to increase their physical fitness
* Conditioning and agility exercises to improve endurance, speed, agility, and power.

These include:

Ladder work Bag work Plyometrics

Medicine ball Jump Rope Timed Sprints

40 Yd. Dash 20 Yd. Dash NFL Shuttle

Bulldog Shuttle

**At the end of the first nine weeks and the end of the semester students will re-max and re-test again to see their progress!**

**Our goal:** To learn how to live a healthy and physically fit life-style and apply what we learn!

**Make a difference…. Be Great!**