

LIFE FITNESS 1 COURSE DESCRIPTION

Purpose: This course focuses on the practical and functional modes of strength training and body mechanics, history of strength training, nutrition, physiology, kinesiology, cardiovascular conditioning and related areas. Emphasis is placed on benefits of building a strong body and maintaining good health throughout life. Testing and evaluation will be done to challenge students and encourage a positive attitude toward total healthful living. *Students should enroll in this course only if they are extremely enthusiastic about physical activity.*

Alm: All students will acquire a thorough knowledge of how a correct and complete strength training and conditioning program supplemented with proper nutrition may increase longevity of life while providing optimal health and happiness.

Goals:

1. The separation of fact versus myth associated with strength training and conditioning.
2. A development of knowledge concerning ergogenic aids (steroids, blood doping, carbohydrate loading, human growth hormone (HGH), amphetamines, etc).
3. An understanding of the advantages of good nutrition: the six essential nutrients, appropriate methods of gaining and losing weight.
4. An explanation of the elements of fitness.
5. A basic knowledge of the anatomy and physiology of body components involved in strength training.
6. Gaining of a cognitive knowledge of a sum of exercises that will increase strength in all muscle groups.
7. The ability to follow an appropriate sequential strength training and conditioning program that may be used throughout life.
8. A thorough knowledge of correct lifting and spotting techniques.
9. An ability to utilize proper stretching techniques.

Curriculum: Strength training, cardiovascular conditioning, speed, quickness, agility, reaction, and vision training, pre/post program testing. Sport activities (may include but not limited to) basketball, volleyball, dodgeball, indoor soccer, softball, flag football.