

# LIFE FITNESS 3 COURSE DESCRIPTION

**Purpose:** This course provides students with opportunity to improve on the foundation of knowledge and skills they developed within Life Fitness 2. Students will be involved in investigations into anatomy, physiological adaptations, nutritional considerations, and other sport-science topics. A major emphasis will be placed on students developing ability to design and implement their own goal-oriented, personalized strength training program. The instructor will utilize basic weight training principles including periodization, specificity, and correct use of variation and rest interval procedures to help students learn to prevent injury, prevent overtraining, and to meet program goals. Life Fitness 3 will serve to help students complete a process of learning how to maintain a level of physical fitness that will promote disease prevention, an active lifestyle and longevity.

**Alm:** Life Fitness 3 students will continue to develop knowledge and refine skills associated with a sequential, progressive-resistance strength training program. Upon completion of the course, students will possess an ability to utilize these health-enhancing skills to increase longevity while providing optimal health and fitness.

## **Goals:**

1. A continued development of skill acquisition of core and supplementary group exercises.
2. An understanding of the advantages of good nutrition with special concern to reading and understanding food labels.
3. A thorough knowledge of the anatomy and physiology of body components involved in weight training.
4. A knowledge of the elements of fitness including agility, muscle coordination, and body composition.
5. A basic understanding of both short and long term biological adaptations which occur as part of the exercise program.
6. A practical knowledge of the basic weight training principles of periodization, specificity, exercise variation and rest intervals.
7. The ability to design an appropriate sequential weight training program using the aforementioned principles.

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