

## South Gibson County High School Scholars' Prep Guide 2019-2020

Course: Wellness & PE Weightlifting

Curriculum for the upcoming course and information of which students should be aware:

This course will help students attain and maintain an individual level of physical fitness. Programs for the development of strength, endurance, flexibility, and cardiovascular conditioning will be implemented.

Areas that might be challenging for students:

The class is structured to emphasize muscular strength development. Students are provided principles and practice techniques for a beginning strength program. Progression concepts are taught and practiced as students develop and work at their individual performance levels.

Suggestions on how students can prepare for the upcoming course:

Each student is encouraged to participate to the fullest extent possible. Daily in-class participation and dressing out will be observed. Each student will have a number of opportunities to participate in small group activities, partner assignments, and physical activity daily.

Suggested activities or resources (if applicable):

There are many fitness applications and program the student can explore. MyFitnessPal tracks your personal caloric intake. There are other online subscription programs where students can stream exercises to better develop their physical strength and endurance.