

## **WEIGHTS FOR ATHLETIC PERFORMANCE**

*Requirement area:* **PE or Elective**

*Course code:* PWA301/PWA302

*Grade Level:* 9, 10, 11, 12

*Prerequisite:* Introduction to Fitness

*Length:* 1 semester (0.5 credit), repeatable as enrollment permits with instructor permission

*Homework:* 0-30 minutes per week

*Fee:* \$5

*Description:* This course is designed for the highly motivated student to increase performance through functional weight training movements. Progressive overload and periodization are the basis of this weights and conditioning program while focusing on explosive strength training exercises. All student athletes will be taught and are required to use safe and proper form for each lifting exercise. Consideration will be taken for both in-season appropriate maintenance training, and out-of-season building and intensity.