

Sports Training

Course Description

This course is intended for student athletes to develop personal strength, fitness, and skills related to their specific sport. Students will participate in aerobic and anaerobic activities, plyometrics, core training, and power exercises for quickness, agility, coordination and explosiveness. This course is designed to improve sport specific skills and will emphasize cardiovascular fitness, weight control, speed, power, agility, and flexibility. Students develop responsible behavior and work ethic through daily independent activities.

Standards

Essential Standards

- | | |
|----|--|
| 1. | The physically literate individual demonstrates competency in a variety of motor skills and movement patterns and performance. |
|----|--|