Strength and Conditioning
SAC Website

Unit Title	Thematic Questions	Texts/Materials
Semester 1: **Strength and Conditioning**	What can I do physically?	**Vertical jump** **Pro Agility** **40 yd dash** **Hang Clean** **Bench Press** **Back Squat**
Phase 1	What are my goals for strength and conditioning?	SMART Goal Video SMART goal Template
Phase 2	How do I warm up?	Warm-up #1 Warm-up #2 Warm-up #3 Warm-up #4 Warm-up #5
Phase 3	How do I develop speed and agility?	Warm-up #1 Warm-up #2 Warm-up #3 Warm-up #4 Warm-up #5
Phase 4	How do I lift properly?	Weight room materials
Phase 5	Water Consumption	Water Formula
Phase 6	Carbs/ Fats/ Protein	Macro Calculator
Phase 7	What can I do physically?	**Vertical jump** **Pro Agility** **40 yd dash** **Hang Clean** **Bench Press** **Back Squat**
Phase 8	SMART Goal Review	**Personal Reflection**
The 24 Week Lifting Program		**The Program**