

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
<i>Phase 1</i>	What are my goals for strength and conditioning?	<u>SMART Goal Video</u> <u>SMART goal Template</u>
Phase 2	How do I warm up?	<u>Warm-up #1</u> <u>Warm-up #2</u> <u>Warm-up #3</u> <u>Warm-up #4</u> <u>Warm-up #5</u>
Phase 3	How do I develop speed and agility?	<u>Warm-up #1</u> <u>Warm-up #2</u> <u>Warm-up #3</u> <u>Warm-up #4</u> <u>Warm-up #5</u>
Phase 4	How do I lift properly?	Weight room materials
Phase 5	Water Consumption	<u>Water Formula</u>
Phase 6	Carbs/ Fats/ Protein	<u>Macro Calculator</u>
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		<u>The Program</u>

