



Bow High School - Course Overview

Course Title: Strength Training I
Department: BEST
Credits: .5
Grades: 9-12

Course Description:

- Muscular strength and endurance are important components of physical fitness. In this course, students will learn concepts and techniques to improve muscular fitness. Using body weight, free weights and other resistance methods, students will participate in a structured program of exercise stressing proper technique and consistent routine effort. This class will lay the groundwork for more advanced strength and sport fitness training.

School Competencies:

- Integrity (Awareness - Foundational)
- Readiness (Awareness - Foundational)
- Collaboration (Communication - Foundational)
- Resiliency (Wellness - Foundational)
- Risk Taking (Wellness - Foundational)
- Self-Directed Learning (Wellness - Foundational)
- Accountability (Awareness - Advanced)
- Reflection (Problem Solving and Analysis - Advanced)

Course Competencies:

- Explain the relationship of fitness skill components to specialized movement and sport skills.
- Design and evaluate a personal fitness plan that applies the principles of conditioning and the health-related components of fitness.
- Select and participate in physical activities that address their personal fitness goals.
- Demonstrate responsible and ethical personal behavior while participating in physical activities.
- Explain how behavior, rules, and etiquette contribute to productive participation and impact safety.