



## Bow High School - Course Overview

**Course Title: Strength Training II**

**Department: BEST**

**Credits: .5**

**Grades: 11-12 (Students need to have completed BEST 9/10 and Strength Training I)**

### **Course Description:**

- This class will focus on functional strength training methods to improve health, athletic performance and reduce the risk of injury during physical activity. Students will apply standard principles of conditioning and demonstrate proper technique during structured exercise routines provided by the instructor. Students will learn a variety of exercises that will focus on building strength and power while in movement. Methods will focus on warm-up, power, functional strength and conditioning principles.

### **School Competencies:**

- Readiness (Awareness - Foundational)
- Collaboration (Communication - Foundational)
- Critical Thinking (Problem Solving and Analysis - Foundational)
- Resiliency (Wellness - Foundational)
- Risk Taking (Wellness - Foundational)
- Accountability (Awareness - Advanced)

### **Course Competencies:**

- Students will be provided with opportunities to demonstrate a physical understanding of many movement patterns that will focus on functional strength training to help build overall strength and prevent injury.
- Students will be given a variety of opportunities to demonstrate an understanding of the basic principles of functional strength training and how it pertains to overall health and wellness.
- Students will be provided with opportunities to demonstrate an understanding of how to safely manipulate all exercise equipment in a collaborative environment.