

STRENGTH AND CONDITIONING 10-11-12 (1/4 CREDIT PER SEMESTER)

Prerequisite: At least 1 semester of regular PE class

Strength and Conditioning is a training based class. Students enrolled in this class will participate daily in activities such as weight, core, flexibility, and cardiovascular endurance training. An emphasis will be placed on building muscle. Students enrolled in this class will be expected to do many different types of resistance training.