

High School Advanced Strength & Conditioning



The following learning targets represent the major concepts studied and assessed in this course.

Semester 1:

Unit 1: Introduction and Safety

- I can safely use, store, and clean weight equipment in spaces provided.
- I can demonstrate a variety of spotting techniques for specific exercises programmed by the instructor.
- I can accurately describe the equipment and its purpose within the space provided.
- I can demonstrate the ability to read programming provided by the instructor as well as calculate, record, and interpret the information.
- I can describe and implement the various technologies provided by the instructor within the programming and describe how it helps with growth and performance.

Unit 2: Movement Preparation

- I can differentiate between static and dynamic stretching.
- I can perform a variety of soft tissue techniques.
- I can perform a variety of thoracic, hip, shoulder, and ankle mobility drills.
- I can demonstrate a variety of warmup and plyometric movements.

Unit 3: Patterning of Bilateral Movements

- I can demonstrate a bilateral squat pattern scored by a qualitative rubric.
- I can demonstrate a bilateral hip hinge pattern scored by a qualitative rubric.
- I can demonstrate bilateral squat and hip hinges executed through different tempos and rep schemes.

Unit 4: Patterning of Unilateral Movements

- I can demonstrate a unilateral squat pattern scored by a qualitative rubric.
- I can demonstrate a unilateral hip hinge pattern scored by a qualitative rubric.
- I can demonstrate unilateral squat and hip hinges executed through different tempos and rep schemes.

Unit 5: Patterning of Supplement Movements

- I can demonstrate anti-extension exercises performed in a variety of patterns.
- I can demonstrate anti-rotation exercises performed in a variety of patterns.
- I can demonstrate chop and throw exercises performed in a variety of patterns.

Unit 6: Performance Assessments

- I can demonstrate qualitative proficiency in the following performance assessments.
 - Vertical Jump
 - Broad Jump
 - 10 yard Sprint (Variations)
 - Reactive Strength Index (RSI)
 - Hang Clean
 - Barbell Squat
 - Barbell Bench
 - Deadlift Variations