Youth Training & Fitness

[Semester and Year]

# Instructor Information

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| Instructor  | Email | Class Location & Hours |
| **Stephanie Clark****Co- Stephen Rockette** | Stephen@bhsjymca.org | Weightroom/outdoors/gym4:30pm-5:30pm Tuesday and Thursday |

# General Information

## Description

Youth Strength and fitness is a combination of cardiovascular exercise and strength training. This class offers a sampling of agility, cardio and strength training activities. Youth strength and fitness incorporates a combination of strength exercise that will provide your child with a fun, safe, and effective workout. This is a low/moderate level wellness program that will incorporate all major muscle groups and help students to understand proper lifting technique, form, and endurance/strength training.

## Expectations and Goals: (circle one): Pass/Fail or Grade Given

Pass/Fail.

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

N/A

## Optional Materials (provided by student/family)

Weightlifting gloves- if needed

Knee/ankle wraps or tapes- if needed

Students should wear proper athletic clothing i.e. shorts, comfortable fitting shoes

Student should bring water bottle

# Course Schedule

| Week | Topic |  |  |
| --- | --- | --- | --- |
| See attachment |  |  |  |
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# End of Semester: Finished Work

* Evidence of Learning (circle one): ***passing grade for exam 70% and 85% of class attendance-*** All participates will receive a lanyard on class completion. This will allow students to exercise in the weight room under supervisor of a personal trainer or parents.