## Youth Strength & Fitness (Girls Only)

##  Teens on the Move (Ages 12-15)

2018

# Instructor Information

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| --- | --- | --- |
| Instructor | Email | Class Location & Hours |
|  **Lead Stephanie Clark****Co-Stephen Rockette** | sclark@ymcaswm.comsrockette@ymcaswm.com | Weightroom/outdoors/gymBHSJTues &ThursFall, Winter, and Spring: Hours 4pm-5pmNB- Day and time TBD \*check with Kristi before registering with partnership |
|  |  |  |

# General Information

## Description

**Girls only strength & fitness-** is a combination of cardiovascular exercise and strength training. This class offers a sampling of agility, cardio and strength training activities and will provide your child with a fun, safe, and effective workouts. This class is a low/moderate level wellness program it will incorporate all major muscle groups and teach students to understand proper lifting technique, form, and various types of training.

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

10 question quiz (Grade)

85% of class attendance

# 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)

Weight lifting gloves

Bottle of water

# Course Schedule

| Week | Topic |  |  |
| --- | --- | --- | --- |
| See attachment  |  |  |  |
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# End of Semester evidence of learning:

* **Score 70% or more on written exam.**
* **Understand and know the function of the Major muscle groups**
* **Understand and know exercises for Major muscle groups**
* **The ability to demonstrate resistance training with proper form, technique, and breathing**
* **The ability to demonstrate how to safely use both Cardio and Weightlifting exercise equipment.**