

# Canyon Crest Academy: Sports Performance Training

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Level of Difficulty	Estimated Homework	Prerequisites
<input checked="" type="checkbox"/> Moderate <input type="checkbox"/> Difficult <input type="checkbox"/> Very Difficult	0-30 minutes	<u>District</u> Health through Year One PE or Intro Dance  <u>Department</u> Health through Year One PE or Intro Dance

## Course Description

Narrative (concepts covered, performance objectives, and skills taught): Sports Performance Training is designed to help prepare students with sports specific strength and conditioning practices to help them succeed at a competitive level. Students will be involved in advanced weight lifting exercises, speed training drills, competitive exercises, and cardiovascular endurance training.

## Grading

There will be a variety of assessments for Sports Performance Training. This includes baseline measurements, training logs, max weight assessments, timed assessments, peer assessments and final testing for results of training.

## Syllabus Link

## Supplemental Information

10 credits

Meets high school graduation requirement for physical education or elective credit

Does NOT include health

Repeatable up to 80 credits