



## **Systematics 3 - 4**

**Room D115a**

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### **Course Description:**

This course is aligned with Arizona College and Career Ready Standards and/or national content standards and supports school-wide efforts to increase student achievement. It is an elective course designed to provide students with an understanding of basic weight training principles and techniques. This course will cover a variety of basic periodization phases for effective strength training. Other topics to be addressed include basic nutrition, anatomy, flexibility and aerobic/anaerobic conditioning.

### **Course Objectives:**

By the time the student completes this course of study, the student will know or be able to:

- Demonstrate knowledge in a variety of periodization phases for effective strength training emphasizing safe lifting techniques.
- Identify all major muscle groups of female and male anatomy.
- Demonstrate and differentiate between aerobic and anaerobic exercise.
- Understand and implement the basic principles of nutrition and how it affects one's training.
- Produce clear and coherent writing in which the development, organization, and style are appropriate to purpose, audience, and situation.



**Grading:**

Students in Systematic Conditioning earn positive points through written tests, personal goal improvements, daily participation and class assignments. Grades are recorded weekly.

**Grading Scale:**

100% - 90% = A

**Grade Book Weighting:**



### **3. A Great Attitude!**