

Calisthenics Training

(a.k.a. PE Fitness and Strength)

If you are interested in getting **stronger**, fitter, and healthier overall, this class is **definitely** for you!

We will focus mainly on using **calisthenic (bodyweight)** exercises to build strength, emphasizing **proper technique and form**. You will also learn how **design your own strength and conditioning programs** to continue training after the end of the semester.

The class is open to **all ability and strength levels!** Whether you can do zero pull ups or 10+ pull ups, this class has something to offer you. If you are committed to putting in the effort, you will solid improvements in strength! Let's get strong!!!



Calisthenics Training (PE Fitness and Strength)

Prerequisite: None

This class will mainly use calisthenics (bodyweight exercises) to help you become stronger and more durable while increasing your range of motion and mobility. The training programs will focus on proper form in the fundamental human movement patterns - push, pull, hinge, squat, and lunges (single-leg exercises). These exercises can be scaled to any ability or strength level. Whether you can do zero pushups or 100 pushups without stopping, this class has something to offer you. Clear progressions will help you increase your strength and fitness over the semester. If you are committed and put in the effort, you will be significantly stronger by the end of the course than when you started. Let's get strong!!!

Understanding and Knowledge

Students will be able to:

- Develop life-long habits of physical fitness and strength
- Set clear fitness goal and be able to create a clear training program to achieve these goals
- Train in ways which will help them build muscle and get stronger while also being more durable and less prone to injury (especially to joints and soft tissue)

Skills

Students will be able to:

- Perform the five basic human movement patterns with proper form (push, pull, hinge, squat, and lunges) in a variety of different exercises
- Methodically progress through their training to become much stronger, mobile, and durable by the end of the course
- Progress and regress the difficulty of exercises to match their strength and ability levels

Assessment and ESLRs:

- Students will establish and use rigorous and consistent standards of quality
- Students will accept and provide constructive criticism
- Students will develop a sense of ownership
- Students will practice behaviors that promote physical fitness and emotional and social well-being
- Students will develop self-discipline and accept responsibility
- Students will develop positive self-esteem
- Students will learn from mistakes
- Students will set and strive toward realistic goals