

Warrior Fitness

(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!

At the end of the semester, you will also have the option to compete in a Spartan race, Tough Mudder race, or another obstacle course race if you'd like!



Warrior Fitness (PE Fitness and Strength)

Prerequisite: None

This class will mainly use calisthenic (bodyweight) exercises, resistance bands, and gymnastic rings to help you become stronger and more durable while increasing your mobility. The training program will focus on proper form in the basic human movement patterns – push, pull, hinge, and squat. The exercises can be scaled to any ability or strength level. Whether you can do zero pushups or 50 pushups, this class has something to offer you. Warrior Fitness is goal-oriented. Clear progressions will help you to increase your strength and fitness over the semester. If you are committed and put in the effort, you will be significantly stronger at the end of the course than when you started. In addition, you will gain the knowledge necessary to program your own workouts and continue to improve your health and fitness long after you leave the class. If you are interested, there will be an option to participate in an obstacle course race with Mr. Hoang and your classmates at the end of the semester.

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 make them more durable and less prone to injury (especially to joints and soft tissue)

Skills

Students will be able to:

- Correctly perform five basic human movement patterns with proper form (push, pull, hinge, squat, and loaded carries) in a variety of different exercises
- Methodically progress through their training to become much stronger, mobile, and durable by the end of the course
- Participate and be competitive in obstacle course races such as Tough Mudder and Spartan Racing or Ninja Warrior-type events

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