

## Strength & Conditioning – US Physical Education Course Description

### Guiding Questions

How can being physically fit benefit me in my teenage years?  
How can my physical strengths increase?  
How can this affect my overall athletic abilities?  
What other health related information can I learn and apply?  
How can this benefit me as I continue to get older?

### Textbook

In lieu of a textbook, students use a variety of resources including fitness apps, fitness videos, on-line materials, music to motivate, inspiring quotes, stories.

### Focus

Specific building of physical strength and physical skills related to overall health and wellness. Additional health related topics will be addressed.