

IRON HAWK

Iron Hawk introduces students to the principles involved in weight training, circuit training, plyometrics, cardiovascular fitness, muscle flexibility, and nutrition. Students will learn how to develop a personal training program to fit their lifestyle. The focus of Iron Hawk is to encourage all forms of physical fitness and promote a positive attitude towards active living. The following topics will be addressed throughout the semester:

The Pursuit of Fitness:

Students will examine the meaning of physical fitness and the benefits of being physically fit. The relationship of fitness to wellness will be discussed. Students will develop their own unique training and conditioning program incorporating the three basic elements of training. Common injuries associated with fitness training will be studied.

Resistance Training:

Students will learn the importance of muscular strength and muscular endurance. Students will examine the physiology of strength development and techniques of resistance training.

Cardiorespiratory Endurance:

Students will learn how the body transports and uses oxygen. Training effects on the cardiorespiratory system and training techniques to improve cardiorespiratory endurance will be examined.

Flexibility Through Stretching:

Students will look at the factors that limit flexibility. Students will practice stretching techniques. The relationship of strength and flexibility will be discussed.

Basic Nutrition and Fitness:

Students will study body composition and will learn how to determine desired body weight. Basic nutrition principles will be discussed. Students will assess their nutritional and eating habits.

Introduction to Plyometrics:

Students will look at a basic plyometrics program and its benefits.

Evaluation: (Students will receive 5 credits in Phys. Ed. 10)

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| • Activity (active for at least 45 minutes) | 30% |
| • Benefits of Health (nutrition, personal fitness, body image) | 35% |
| • Cooperation (etiquette, communication, cooperation) | 15% |
| • DO it daily (effort, safety, prepared for class) | 20% |



Expectations:

1. **Gym wear :** Only approved gym wear will be allowed (i.e. t-shirt, shorts or sweat pants, socks, and appropriate running/court shoes)
2. **Sickness /Injury:** a student must present a note from a parent or doctor.
3. **Class Time:** starts 5 minutes after the bell and ends 5-10 minutes before the bell.
4. **Behavior:** Abuse of equipment, derogatory language or actions, and general acts of irresponsibility will result in an immediate loss of 3%. Students may be removed from the class in severe cases.
5. **Food & Drink:** Sealable, plastic waterbottles are permitted in the weightroom facility. No other form or food or drink is allowed.

Safety:

1. A teacher supervisor must be present at all times when students are using the weight room facility.
2. Students **MUST** train with a spotter when resistance training.
3. Students **MUST** put equipment away properly after use.



Much like physical fitness, effort is required to succeed in this course. Success and physical fitness can be attained, but only after an ongoing commitment. There is **NO** shortcut. You can't sit and be fit.

