

IRON HAWK

Course Description

Iron Hawk introduces students to the *Foundations for Training* that includes: the principles involved in weight training, circuit training, plyometrics, cardiovascular fitness, and muscle flexibility. Students will also be introduced to *Nutrition* and learn how proper eating habits and hydration can help achieve optimal performance in recreational sports and activities. Finally, students will develop a *Rec Project* that will include a personal training program to fit their lifestyle as well as an exercise logbook to track their progress. 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:

Foundations for Training

Students will:

- Apply training and movement principles to the development of performance and health related components of fitness,
- Create basic individual fitness plans for achievement of goals, and
- Demonstrate basic competencies.

Nutrition for Recreational Activities and Sport

Students will:

- Explain the role of food and hydration in helping achieve optimal performance for recreational physical activities and sport.
- Study and examine food labeling.

Rec Project

Students will:

- Propose a project,
- Create goals that will be defined within the plan,
- Create a personalized workout routine, and
- Keep a logbook of their results



Evaluation: (Students will receive 3 CTS credits for Iron Hawk)

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| 1. Modular Work | 60% |
| • Activity (active for at least 45 minutes) | |
| • Benefits of Health (nutrition, personal fitness, body image, projects) | |
| • Cooperation (etiquette, communication, cooperation) | |
| • DO it daily (effort, safety, prepared for class) | |
| 2. Final Project | 40% |

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 5%. Students may be removed from the class in severe cases.
5. **Food & Drink:** Sealable, plastic water bottles are permitted in the weight room 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.

