



Curriculum Overview

Exercise Physiology and Nutrition

- ❖ Nervous, Endocrine, Cardiovascular, and Respiratory Systems
 - ❖ Water and Electrolytes
 - ❖ Energy Systems in Our Body
 - ❖ Training Design
- ❖ Fueling the Body for Specific Training

Biomechanics

- ❖ Connective Tissues and Joints
 - ❖ Muscular Function
 - ❖ Laws of Motion
 - ❖ Movement Analysis
- ❖ Causes and Interventions of Injury
- ❖ Sports Psychology and Motor Learning

Personality

- ❖ Mental Toughness
 - ❖ Motivation
- ❖ Motor Learning
- ❖ Attentional Control
 - ❖ Stressors
 - ❖ Goal Setting

Course Highlights

- ❖ Internal Assessment
- ❖ Learn to Collect and Analyze Fitness Data
 - ❖ Guest Speakers
 - ❖ Design a Training Program
 - ❖ Field Trip
- ❖ Learn How to Measure Fitness Progress
 - ❖ Design a Nutrition Plan
- ❖ Learn to Set Appropriate Fitness Goals

