

Crossfit I & II

Text:	NA
Supplemental Materials:	Medicine Balls, Pull up bars, Abmats, Bands and Weight Room Equipment
Course Description:	<i>Crossfit is a one-semester course (1/2 Units). Crossfit workouts consist of constantly varied, functional movements that deliver a fitness that is broad, inclusive, general and scalable for any participant at any level. Participants will become well-rounded athletes who will increase physical competence in 10 fitness domains: cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy.</i>
Methods of Evaluation:	Students are evaluated in Crossfit by dressing out each day and participating in daily activities. Students are also assessed on their form, attitude and effort .
Pace of Instruction:	The pace of instruction is determined by the student's needs and interest.
Course Objectives:	At the end of the course the student should be able to properly demonstrate the proper form on the lifts that they learn.
Date Completed	September 18, 2014