



FUNCTIONAL STRENGTH TRAINING IN PE

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NEXT LEVEL STRENGTH & CONDITIONING

“Functional Strength Training” is the latest buzzword in fitness. Much like preceding fitness trends, the term is often misguided, leading to endless misconceptions and sub par implementation. QUALITY Functional Strength Training however can be a game changer for students, athletes and adults alike. The goal of this two part workshop series will be to provide Physical Education Teachers and Coaches the tools required to implement QUALITY Functional Strength Training methods with students and athletes of all ages.

Build the foundation of your PE and Athletics powerhouse by taking your Functional Strength Training programs to the Next Level!

WHY:

- To provide school districts with the tools required to implement cutting edge Functional Strength Training skills and methods in K-12 Physical Education classes, using the proven Victor Central Schools (NY) model.

WHO:

- PE Teachers, Administrators and Coaches
 - A team of Next Level Coaches will be in attendance to provide close guidance and feedback to each participant (low coach to participant ratio).

PART 1: The WHY, How & What of Functional Strength Training in PE

Session one of this two part workshop series will clarify the WHY, How and What behind the Functional Strength Training movement and outline detailed strategies to bring these proven methods to your Physical Education and Athletic programs! This interactive seminar will cover a wide range of useful information, including:

- WHY Functional Strength Training in PE and Athletics
 - Define Quality Functional Strength Training and the endless wellness, performance and injury prevention benefits
- How to implement these methods into your PE and Athletics programs
 - Build a district wide culture that values Quality Functional Strength Training
 - Educate Teachers, Coaches, Students, Athletes and Parents to promote buy-in
 - Connect district wide PE and Athletics
 - Outline realistic action steps to foster long term results
- What a Quality Functional Strength Training PE curriculum and Athletic program looks like
 - Identify functional movement patterns and related skill progressions
 - Provide a sample sequential PE curriculum, including assessment ideas (teacher checklists, peer assessment, video self assessment, etc.) and management strategies
 - Provide sample Strength & Conditioning programs that implement functional skills introduced in PE and additional methods to improve sports performance and decrease the risk of injury



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PART 2: Hands On Functional Strength Training Skill Development Workshop

In session two of this Functional Strength Training workshop series, we will introduce and practice the essential skills required for YOU to properly demonstrate and provide feedback to your students and athletes! One of the most common hurdles that teachers and coaches face when implementing functional training methods is a lack of knowledge, skill and confidence. A strength and conditioning certification is not required to teach basic Functional Strength Training skills, but a foundation of knowledge and experience will be extremely helpful.

This hands on skill development workshop will cover a wide range of basic progressions and skill cues:

- Comprehensive Movement Prep
- Squat, Split Squat, Lunge Progressions
- Hip Hinge/ Deadlift Progressions
- Upper Body Push/ Press Progressions
- Upper Body Pull Progressions

COURSE OPTIONS

HALF DAY FST in PE Workshop Outline:

- **8-9:30am:** PART 1: The WHY, How & What of Functional Strength Training in PE
- **9:30-11am:** PART 2: Hands On Functional Strength Training Skill Development Workshop

Interested in a full day staff development workshop? Check out Parts 3 and 4 below!

FULL DAY FST in PE Workshop Outline:

- **8-9:30am:** PART 1: The WHY, How & What of Functional Strength Training in PE
- **9:30-11am:** PART 2: Hands On Functional Strength Training Skill Development Workshop
- **11am-12pm:** LUNCH
- **12-1pm:** PART 3: Tailored District Curriculum Map Brainstorm
 - Our team will help your staff outline an individualized FST curriculum map based on your district's building grade levels, class sizes, class durations, staff experience, assessment considerations and more!
- **1-3pm:** PART 4: Advanced Hands On FST Skill Development
 - Build on functional skills from Part 2 by introducing:
 - Power/ Olympic progressions, including the Hang Power Clean
 - Unilateral (single leg/ arm) functional exercises
 - Core stabilization exercises

We hope that you take advantage of this opportunity to take your PE program to the Next Level!

Please contact us anytime with questions or to discuss alternate options.

Thank you for your consideration!