

Athletic Training I Can Statements:

1. I can perform a one rep max on primary lifts.
2. I can perform isometric, concentric and eccentric exercises.
3. I can perform static stretches and a dynamic warm up.
4. I can assess my peer's lifting technique.
5. I can perform jump ropes, agility, plyometric, and medicine ball routines.
6. I can compare and contrast muscles used during primary and auxiliary lifts.
7. I can design a long term fitness plan.

Intro. to Athletic Training I Can Statements:

1. I can perform isometric, concentric, and eccentric exercises.
2. I can perform static and dynamic stretching routines.
3. I can perform correct technique in primary and auxiliary lifts.
4. I can perform jump ropes, medicine ball, and agility routines.
5. I can compare and contrast muscles used during primary and auxiliary lifts
6. I can use exercise equipment properly.
7. I can use coaching cues to use during peer assessment.
8. I can design a long term fitness plan.