



**PFit I** 764011

**PFit II** 764012

**Advanced PE** 751000

**Fitness Instructor** 764060





# Course Overview (WHAT?)

## Mission Statement

West Potomac High School Personal Fitness is a total body strength and conditioning program intended to enhance a student's physical ability through a structured training program that includes physical development and injury prevention.

## Philosophy

It is our aim to work with all students to enhance their physical ability and athletic performance to reach his or her physical potential. Each and every student has the opportunity to impact his or her performance, health, and physical ability by being committed to put forth the time and effort necessary to achieve desired success.

## Goals:

The following are our goals for any and every student that enters our strength & conditioning program:

MOVE WELL

MOVE FAST

MOVE STRONG

THRIVE IN THE ENVIRONMENT THEY COMPETE IN



## Course Overview (WHO?)

**EVERYBODY!!**



# Course Overview (WHY?)

## Benefits of Strength & Conditioning training:

More energy!

Improve ATHLETIC PERFORMANCE

Decrease RISK OF INJURY

Improve **MOOD**, management of **STRESS**, counter *DEPRESSION*

Improve performance of heart & lungs (**Cardiovascular Health**)

Improved METABOLISM (BMR), WEIGHT, & APPETITE CONTROL

Better ability to FALL ASLEEP and STAY ASLEEP

Strength contributes to the OVERALL BODY'S EFFICIENCY

QUICKER HEALING process and improves IMMUNE SYSTEM

Increase your Academic Potential!

Top academic performing schools

(where at least 90% of the kids pass the state assessments tests)

have 80% of the students that are physically fit.

THE MORE THEY BURN  
THE BETTER THEY LEARN



VOIR TIME    AMOUNT OF ACTIVITY    AMOUNT OF BURN    ACADEMIC PERFORMANCE

**Did you know that kids who are physically active get better grades?**

Research shows that students who are physically active have a 20% higher chance of getting better grades than students who are not physically active.

Physical activity can help to improve focus, attention, and memory. It can also help to reduce stress and anxiety. So, if you're looking for ways to improve your grades, try getting more physically active. It's a win-win!



# Course Overview (HOW?)

Mobility/ Activation / Flexibility

Jumps / Throws

Olympic Lift variation –Clean/Snatch variation, Explosives

Strength Training –Full-body, push/pull

Core –Rotational/anti, stabilization, dynamic

Finisher –anaerobic circuits, specific running

Recovery –Foam Roll, Band self-stretch, Breathing



# Course Overview (HOW?)

Various protocols will be used throughout the year (Full body, Push/Pull/Leg Split, Super Sets, 531, ect.) to allow students to experience different training strategies to find out what works best for them individually. Once students can demonstrate basic mastery in the various workouts, they will have the opportunity to choose what workout protocol works best for them.

## Full Body Workouts (2 to 3 a week)

Each workout will always have at least one of the following, we will also focus primarily on multi joint exercises

Explosive (DB Snatch)

Knee Dominant (Front Squat)

Hip Dominant (DB RDL)

Push (Bench)

Pull (DB Row)

Static Core (TRX Tuck Push)

Dynamic Core (Med Ball Combo)

## Push / Pull / Leg Split (Super Set)

We will Cycle through 6 days of workouts

Explosive Movement (Ploys / Med Balls)

Compound Movement

(Bench/Squat/Deadlift ect)

Unilateral Movement

(Single Arm Bench / Split Squat)

Bilateral Movement (DB Bench / RDL)

Isolation Finishers

(Arms/Chest/Quads/Hamstrings)



# Expectations

- **Be on time**
- **Participate in class workouts**
- **Teambuildr Workout Log**
  - (recommended not required)
- **Water bottle**
- **Dress appropriately for activity**
- **Add value to the daily class experience**
- **Clean and replace all workout equipment**
- **NO HOMEWORK !!!**





# A Little Bit About Us

Jeremiah Ross  
Personal Fitness  
I/II/Adv PE:



## Bio

- This will be my 11th year at West Potomac, 24th overall
- For the last 5 years I have taught Personal Fitness, prior to that I was the SOSA here for 5 years.
- I have coached football and trained a variety of athletes for the past 24 years at the Div I, JC, and HS level.
- I currently am enjoying coaching my daughters who play a variety of sports like Basketball, LAX, Volleyball and Rugby
- I have been married 22 years and have 4 daughters.
- I played every sport I could growing up, was a 3 sport athlete in H.S. and earned a football scholarship to Fresno State where I played for 5 years.
- I have a Bachelor's degree in Physical Education and Masters in Education Administration and Supervision both earned at Fresno State.



This is my 11th year teaching Personal Fitness at West Potomac. I graduated from Fort Hunt High School and St Michael's College. While attending ST. Mike's I played 4 years of soccer and majored in American Studies. From there I graduated from George Mason with a degree in teaching P.E. Currently I reside in Old Town Alexandria with my wife, two daughters and a dog. I also coach soccer for an area club. I enjoy spending time with my family, watching sports, and trying to figure out my daughter's homework.

# **DO THE WORK**

**LOOKING FORWARD TO ANOTHER GREAT YEAR AT WESTPO!**

**BEST, TJ WHITE**



## Ms. Lintot

This is my 6th year at West Potomac HS and my 4nd year teaching. I am a product of FCPS and a graduate from the rival school down the highway. This year I will be teaching personal fitness, sports medicine, and yoga. After school, I switch roles into one of the Athletic Trainers for WP Athletics. Outside of WP, I coach and play volleyball. I love food and spending time with my family. I am a Capitals and Nationals fan and I'm trying to learn to love The Washington Football Team.





# Communication

- We can be reached at the following emails
  - Coach Ross
    - [jwross@fcps.edu](mailto:jwross@fcps.edu)
  - Coach White
    - [TWhite1@fcps.edu](mailto:TWhite1@fcps.edu)
  - Ms. Lintot
    - [Vmlintot@fcps.edu](mailto:Vmlintot@fcps.edu)