Independent Directed Study:

1. Set up a year-long program based upon your goals that includes:
   - A resistance program that may include plyometrics and pre-hab exercises
   - An agility/speed program
   - An endurance program

2. Follow the program, recording your progress and making changes if necessary.

3. Demonstrate expertise on a relevant topic of your choice that will be first cleared by the teacher. Suggested topics include:
   a. Restoring performance after injury
   b. Comparison of different types of supplements and their potential uses
   c. Creation of a plyometric program
   d. Current trends in fitness (ie HITT, Tabata, Crossfit) and how well they conform to the current science of strength and conditioning
   e. Current nutritional trends and how well they conform to the current science of nutrition.
   f. Workout opportunities in the community
   g. Others: ______________________________ (can be creative here!)

How is this demonstrated? Your choice – some sample methods of demonstration:

   - An essay
   - A video
   - Infomercial
   - A bulletin board presentation
   - A powerpoint
   - A class presentation
   - Others???
Steps to Achieving the Class Goals

1. You need to understand the concept of periodizing training. Read Chapter 14/15 (in chapter 15 just read the information relevant to your sport or a similar sport) in your textbook as well as chapter 12 “Training Program Implementation” from the NSCA’s Guide to PROGRAM DESIGN.

As you read the three chapters make notes on the following:

What is periodization?

What is the difference between traditional or classic periodization programs (sometimes called linear periodization) and undulating periodization? (pg 265 in chapter 12 “Training Program Implementation.”

Would your workouts be the same all year? Why or why not?

If your workouts would change, how would they change?

Looking at the workout examples in the two readings, what are some differences compared to the workouts that we have completed in PF 11 and PF 12?

When are my important competitions / dates that I want to be at my athletic best? Why is this information important?

What are two other FASCINATING points/questions that you would like to bring up in the group discussion on periodization.

2. Engage in class discussion of periodization and view examples of year-long programs provided by the teacher.

3. Make up your own year-long program using the template provided or by creating your own template.

4. Create workout programs for resistance, agility/speed, and endurance to use for the remainder of the school year and beyond!

5. Get jacked following a schedule that largely coincides with the schedule of the class. Journal your progress through a notebook, workout sheets, fitness record sheets, etc.

6. Figure out some class time to steal to complete the independent project, hopefully before graduation starts to become a real distraction from schoolwork!