

BFS Strength Training During School

BFS Strength Training 1

Course# 3315
Grades 10, 11, 12
Credits 1
Prerequisite: none
Fee: none

This class is an extension of the Bigger Faster Stronger training program that all of our athletic teams follow. Students may take this class as many times as they would like, however they may only receive one credit.

BFS Strength Training 2

Course# 3319
Grades 10, 11, 12
Credits 1
Prerequisite: BFS 1 with a C or better
Fee: none

This class is an extension of the Bigger Faster Stronger training program that all of our athletic teams follow. Students may take this class as many times as they would like, however they may only receive one credit.

Junior High Students (8-9 grades)

All 8th and 9th grade students at the junior high have two options for BFS Strength Training during the school day. During your regular Physical Education class (required), you can choose to lift weights two or three days each with a certified BFS Strength Coach. You also will be given the option to take the BFS Strength Program for non-credit in place of your study hall. In either situation you would need to talk with your PE teach and/or you counselor.