

A black silhouette of a person in a plank position, viewed from the side. Above the person's head is a horizontal bar with a teal segment on the left and an orange segment on the right. The text is overlaid on the silhouette.

Comstock Middle School: Strength and Conditioning Elective

Instructor: Mr. Weber



About Mr. Weber....

2020 marks my 7th year teaching at Comstock Middle School. I absolutely love teaching at Comstock and teaching strength and conditioning is one of the main reasons I enjoy it so much.

My background is in sports and fitness. I was a sports kid growing up and was lucky enough to earn a baseball scholarship for college. While playing baseball at SSU I was able to earn a BS in Kinesiology and later a masters degree in secondary education.

I grew up Santa Rosa. I attended Cook Middle School, Piner High, SRJC and SSU. I am a local boy and very proud to be working in my community. My wife and I have two daughters and love walking spring lake!



Course Description:

Comstock Strength and Conditioning elective is a class for students who want to learn about, and participate in, fitness exercises and other activities to better understand and better develop physically fit bodies. All students take P.E. in middle school, but some students want to go further into exercise concepts and training. Those students belong here! Due to distance learning we will be focusing less on weight training and more on bodyweight/yoga/HITT types of routines. We will be meeting two times a week (Monday and Thursday 10am) for zoom workouts and will also have assignments due on Wednesdays.



Course Goals for Students:

Comstock Strength and Conditioning elective was designed to:

- Teach students effective ways to develop their physical fitness
- Teach students the core tenants of resistance training, yoga, and High Intensity Interval Training.
- Teach students the terms and concepts related to exercise literacy
- Teach students about the various fitness apps and other free fitness resources



Student Grading:

- 80% zoom workout participation
- 20% asynchronous activities/assignments

Contact Info:

Please email me at aweber@srcs.k12.ca.us or use [parentsquare](#) to reach out with questions or concerns.