



Training for Performance

**EARN COLLEGE CREDITS
IN HIGH SCHOOL**



TERM: WINTER 2025

SPM 1020

**March 3 - May 23, 2025
Online, Asynchronous**

For more information on the program contact your guidance counselor



Calling all sports enthusiasts!

Get ready to step up your game with SPM 1020 Training for Performance. Discover the science behind top-level training and learn how to tailor your workouts to maximize your results. With a focus on both individual and team performance, this course offers valuable insights on everything from equipment and facilities to budgeting and scheduling. Whether you're a seasoned athlete or just starting out, SPM 1020 has got you covered.

