



Dr. E.P. Scarlett High School

Sports Performance Advanced and Intermediate

‘The Science of Sport and Fitness’

Teacher:

Semester: Fall 2022

School Year: 2022 - 2023

Contact Information:

- Email:
- Main Office: 403-281-3366
- Additional course information/materials for students can be found on D2L

Credits: 5

Course Fee: \$135.00

- **Must be paid by and can be paid online or at the Business Office**
- Facility rental and instructor fees for the following activities
 - Wall Climbing Self Defense HITT Training Swimming Pool Yoga Peak Performance

Course Prerequisite: Please see below.

Sports Performance Intermediate General Course Outcomes:

- **REC 2050 Sports Psychology 2 (1 credit)**
 - Students evaluate the impact of confidence, belief, emotions, self-awareness, rest and relaxation on optimal performance. Students examine the impact of perspective and identity on athletes and their athletic performance and evaluate team dynamics in relation to optimal group functioning.
Prerequisite: REC1050: Sport Psychology 1
- **REC 2040: Foundations for Training 2 (1 credit)**
 - Students demonstrate training and movement principles related to muscular and cardiovascular development as well as the development of speed, agility, quickness and flexibility. Students apply safe practices when leading and participating in training exercises and activities.
Prerequisite: REC1040: Foundations for Training 1
- **REC 2010: Nutrition for Recreation Activities and Sports (1 credit)**
 - Students explain the role of food and hydration in helping individuals achieve optimal physical performance for recreational physical activities and sport. Students acquire knowledge and skills to plan effectively for nutrition and hydration related to a variety of recreational activities and athletic events. Students examine food labelling and the role of recreation leaders and coaches related to promoting nutrition for performance.
Prerequisite: None
- **REC 2120 Coaching (1 credit)**
 - Students learn basic coaching skills common to all sports in the areas of planning and delivering a practice, teaching and learning, and mental skills

training. Students develop an appreciation for the role of coaches in community recreation programs. Prerequisite: None

- **REC 2920 REC Project C (1 credit)**
 - Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.Prerequisite: None

Sports Performance Advanced General Course Outcomes:

- **REC 3030 Speed and Agility (1 credit)**
 - Students explore innovative and advanced techniques for speed and agility development in relation to sport and recreation.Prerequisite: REC2040: Foundations for Training 2
- **REC 3050 Sport Psychology 3 (1 credit)**
 - Students recommend and design strategies for helping athletes achieve optimal performance levels. Societal attitudes towards sport are examined. Students demonstrate and plan techniques for energy management, focus and activation, selftalk and visualization.Prerequisite: REC2050: Sport Psychology 2
- **REC 3025 Cardiovascular Training (1 credit)**
 - Students learn cardiovascular training principles and strategies to measure cardiovascular fitness. They explore a variety of modalities for cardiovascular training and then use this knowledge to plan, lead and evaluate a cardiovascular training session.Prerequisite: REC2040: Foundations for Training 2
- **REC 3015 Flexibility Training (1 credit)**
 - Students explore and demonstrate various forms of flexibility training in relation to development of training programs.Prerequisites: REC2040: Foundations for Training 2
- **REC 3910 Rec Project D (1 credit)**
 - Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.Prerequisite: None

*** Each General Outcome is broken down into several specific outcomes, each with specific achievement indicators. For an extensive list of all the outcomes and indicators, please visit:

https://education.alberta.ca/media/3255948/rec_pos.pdf

Outcomes Based Evaluation

Assignments:

This portion of the assessment will evaluate the student's learning of module outcomes:

- Understanding the impact of confidence and belief on optimal performance.
- Understanding the importance of rest and recovery.
- Understanding the role of food and nutrients related to physical performance and athletic activities.

- Understanding that fundamental movements and muscular development include strength, power, endurance, cardiovascular fitness, and flexibility training.

Positive Interactions:

This portion of the evaluation will reflect the assessment of student's growth in outcomes specific to team dynamics, demonstration of effective training and movement in fundamental patterns, strength, power, speed, agility, cardio, and flexibility. It will include various types of daily training and testing that helps assess growth and identify deficiencies that individual students have that need to be addressed to optimize their performance and growth as athletes.

Major Categories	% of Course Mark	Evaluation	Summary
Assignments, Quizzes, Projects	40%	Written	Completed in class
Positive interactions	60%	Teacher observation, self-evaluations, class involvement, class preparedness	Leadership, Sportsmanship, Coach-ability

Course Expectations

Attendance:

- You are to arrive ON TIME, changed and ready to go.
- If you are absent a note must be provided documenting the reason why.
- Attendance will be monitored daily. Unexcused absences from class, will result in reduced participation marks and parental contact.

Behavioral Expectations:

- Students will participate to the best of their ability each day.
- Students will hand in assignments on the assigned day.
- Respect for the school's equipment, facilities, and fellow classmates must always be demonstrated.

Performance Expectations:

- As this course has a major physical component. We expect that the type of student who enrolls in the course will be a highly-motivated and conscientious individual who is ready to give their best on a daily basis.
- During the semester, students will be expected to communicate any injuries or concerns as they arise. This will allow instructors to modify activities ensuring rehab and progress can still occur in this program.

Transportation Considerations

- Our school owned busses will be used to transport students to and from off-campus activities. **Students will not be permitted to drive themselves.**
- On occasion students may be required to travel outside of their regularly scheduled class time. Assessment of off campus activity is largely based on participation and as such missing the bus will have a negative impact on the ability to assess student performance.

Required Facilities/ Equipment

- Equipment will be provided by the school, and facility use will vary depending upon the activity at any given time. Students must use all equipment and facilities in an appropriate manner. This applies to both on/off-campus learning environments.

Health & Safety

Dress Regulations

- Students are expected to be changed into clothing that is conducive to being active each class, in addition to providing the ability to participate safely
- **Do not leave belongings unattended in the change-room. We will not be responsible for any items that go missing.**
- Students need to have appropriate, non-marking footwear for use in the gyms.
- It is the student's responsibility to be **prepared for class.**
- Students need to be prepared appropriately for adverse weather during outdoor activities