**Bert Church High School Sports Performance 20/30**

**Course Outline**

Ms. Marter

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Office: GYM

**Course purpose and description:**

To provide students involved in sport with the knowledge, skills and attitudes necessary to understand the variety of factors related to sports performance. This will be accomplished through a combination of theory and practical exposure to areas of sport. At the 20/30 level this course is CTS credit based. We have 5 subject areas. Students earn credit by completing the requirements in each area. The areas of possible focus will be:

**Fall 2023, Spring 2024**

HSS- Nutrition and Wellness

Rec 2010 Nutrition for sport and Rec

Rec Project B PRE: Foundation in Training 2/Group Exercise Trends.

Rec 3140- Sport and Society

Rec 3130 Officiating

**Fall 2024, Spring 2025**

Rec 3015- Flexibility Training PRE: Foundations for Training 2

Rec 3030 Speed and Agility PRE: Foundations for Training 2

Rec 3025 Cardiovascular Training PRE: Foundations for Training 2

Rec 2050 Sport Psychology 2 PRE: Sport Psychology 1

Rec Project D PRE:None

**Attendance:**

This is a participation course, attendance is mandatory. Any absences will hamper your mark. Prolonged injuries or absences must be accompanied by a medical note, which will be kept on file. Students will be required to do an alternate program or assignment if unable to participate but will still be required to attend. **Communication is key.** If you have an excused absence, you can make it up in the Fit Centre during intervention week.

**Dress:**

Unless otherwise stated, students are required to change completely into appropriate gym. Proper footwear is required, **no Crocs or sandals**. You will receive a zero for the day and will not be able to participate.

**Expectations:**

As this course is optional to students. You are expected to be the type of student who is highly motivated and conscientious individual who is ready to excel on a daily basis when you enroll in this class. The assumption will be made that the type of student enrolled in this course will be dedicated to becoming a better athlete through performance enhancement training and by understanding the associated theoretical background

**Electronic Devices**

Personal electronic devices are to be used respectfully and appropriately in class. This includes refraining from personal texting during class time. Phones and headphones should be stored away during class, so they are not a distraction to your learning.

**Use of facilities**

Students and parents are reminded that this is a physically demanding option course, and the students will be physically active throughout the entirety of this course. Indoor facilities include, gymnasium, fitness centre, classrooms, and Genesis. Outdoor facilities include the school field, Genesis track and a variety of surroundings around the campus.

**Assessment:**

Assessment is ongoing and will involve the teacher, student, coaches and /or peers. The final mark is cumulative and based on all assessment areas throughout the year. If a student cannot train due to an injury an alternative assignment will be given. Assessment areas are specific to each module.

**Rec 3130 Officiating**

Participation 50%

Officiating Assignment 50%

**Rec 2910 Rec Project B**

Workout Teaching 50%

Participation 50%

**HSS- Nutrition and Wellness**

Theory 60%

Participation 40%

**Rec 2010 Nutrition for Sport and Rec**

Theory 60%

Participation 40%

**Rec 3140- Sport and Society**

Theory 90%

Participation 10%

**Rec 3015- Flexibility Training**

Theory 50%

Participation 50%

**Rec 3030- Speed and agility Training**

Theory 50%

Participation 50%

**Rec 3025- Cardiovascular Training**

Theory 50%

Participation 50%

**Rec 2050- Sport Psychology 2**

Theory 80%

Participation 20%

**Rec 3910- Project D**

Participation 50%

Final Project 50%

**\*\*In consulting with the teacher, opportunities will be given to the student for re-assessment during planned intervention. \*\***