**Sports Performance Course Outline September 2014**

Instructor: Mr. Owens (email owensm@prsd.ab.ca)

**Objective/Philosophy**

This course provides an introduction to sport education. Students will study topics on fitness training, injury management, nutrition, coaching and officiating. It is important that students attend classes regularly and complete both the theory and practical components to each module. Student success in this class will be what effort and positive attitude is brought every day.

**Evaluations and Expectations**

Students will be evaluated through theoretical, practical assignments and exams. Class time will be divided between weight-room activities and classroom/computer lab assignments. Some of the course modules will be done online using ADLC (Alberta Distance Learning)

It is expected that students complete 5 modules but have the option to gain additional credits. Students are expected to make efficient use of class time to complete assigned projects

and to maintain good attendance. The school attendance policy with respect to absences

will be observed. Students will be made familiar with the rules of the computer lab and the

provisions of the Peace River School Division Computer Use Agreement.

**Modules/Credits**

The course will begin with Foundations for Training. Each module will be completed within 2-4 weeks, depending on the work that is done in class.

**Each module/course is worth 1 credit**

**REC1040: Foundations for Training**

**REC1020: Injury Management**

**REC2010: Nutrition for Recreation Activities & Sport**

**REC2120: Coaching 1**

**REC3130: Officiating**

**Addition 1 credit courses**

**REC 2040 Foundation for Training 2**

**REC 2020 Nutrition 2**

**REC3120: Coaching 2**

**REC1050: Sports Psychology**

**Resources**

The course is set up with class notes available to students on the student drive. There will be class discussion and assignments based on the information from the course. We will also be using the school and community facilities for some of the practical assignments. (gym, workout centre, Fitness on the Go, Rec Centre)

**Assessment**

Each Module/Credit will be given an individual percentage mark. There is approximately 3-5 assignments per module, and all assignments will be emailed to owensm@prsd.ab.ca . Upon receipt of the assignment it will be marked and added to SchoolLogic, and email confirmation and feedback will be given to students.

**HomeLogic and Communication**

Attendance can be checked daily on HomeLogic. If you need any assistance in setting up your HomeLogic login, please call the school.

Comment updates for each student will be given at the Mid-Term report card, and then a final list of completed modules will be added for the semester end report.

If there are any concerns or questions please feel free to contact me at owensm@prsd.ab.ca or phone the school.