

Physical Education – Sport Specific Training 10

District Name: Mission
District Number: 75

Developed by: Al LaFontaine
School Name: Heritage Park Secondary
Principal's Name: Kevin Kaardal

Board/Authority Approval Date: January 15, 2004

Board/Authority Signature:

Course Name: Physical Education – Sport Specific Training 10
Grade Level of Course: 10-12
Number of Course Credits: 4
Number of Hours of Instruction: 120

Prerequisite(s): None

Special Training, Facilities or Equipment Required:

Sport specific facility
 Weight room access
 Classroom access
 Access to video taping and viewing equipment

Course Synopsis:

The purpose of this course is to assist students in enhancing their competency in a specific sport. It will provide opportunity to develop leadership and officiating skills and certification. Students will explore knowledge and skill sets relating to their chosen sport. They will incorporate their learning through strategies as demonstrated in game play.

Rationale:

This course has been developed to encourage students to become proficient in skill and knowledge of a particular sport. This will also provide further opportunity for students to take a physical education component in their timetable.

Organizational Structure:

Unit	Title	Time
Unit 1	Communication and Basic Skill Development	10 hours
Unit 2	Officiating and Leadership	20 hours
Unit 3	Offensive Skills Development	25 hours
Unit 4	Defensive Skills Development	25 hours
Unit 5	Mental Training and Fitness	20 hours
Unit 6	Care and Prevention of Injuries	10 hours
Unit 7	Game Strategies	10 hours
	Total Hours	120 hours

The activities that are found throughout the course are not necessarily limited to the section in which they are found. The outcomes are developed, in part, in a spiral fashion and are revisited and the understanding or skills deepened as the course progresses. Many of the outcomes are evident in several sections and units.

Unit/Topic/Module Descriptions:

Unit 1: Communication and Basic Skill Development Time: 10 hours

Students will become familiar with the structured components of communication and teamwork surrounding a sport. They will work together in a co-operative environment developing the basic skills required to build a healthy appreciation for the sport. The concepts of leadership, motivation, encouragement, reinforcement and commitment will be explored as part of the students' development.

Curriculum Organizer

It is expected that students will:

- Demonstrate an understanding of the social skills required to successfully contribute as part of a team.
- Gain basic skill development in order to participate at an effective level.
- Demonstrate effective use of teamwork strategies, including leadership, motivation, encouragement, reinforcement and commitment
- Understand the concepts of sport preparation specific to the chosen sport
- Become familiar with all the equipment and proper use of appropriate sport gear.

Unit 2: Officiating and Leadership Time: 20 hours

Students will become familiar with the rules and officiating guidelines associated with a sport. They will develop an understanding of proper conduct through leadership activities and team play. The effective use of communication and decision-making skills will allow students the ability to use their acquired skills to benefit the school and themselves.

Curriculum Organizer

It is expected that students will:

- Demonstrate officiating abilities within the class, and in aid of school extra and co curricular activities within the school.
- Demonstrate leadership and decision-making processes and qualities associated with officials
- Be able to effectively interpret and use appropriate signals.
- Be able to demonstrate progressions in teaching basic sport specific skills

Unit 3: Offensive Skill Development Time: 25 hours

Students will use their pre-existing skills learned from previous years and enhance these skills from units in this course and apply them to learning the concepts that drive a sport offense. They will practice movement and game-like scenarios in order to increase the competitiveness of their game play.

Curriculum Organizer

It is expected that students will:

- Identify and perform a variety of offensive skills and techniques.
- Understand when to use the appropriate offensive skills.
- Demonstrate knowledge of offensive strategies learned.
- Understand circumstances as to when certain offensive skills are appropriate.

Unit 4: Defensive Skill Development Time: 25 hours

Students will use their pre-existing skills learned from previous years and enhance these skills from units in this course and apply them to learning the concepts that drive a sport offense. They will practice movement and game-like scenarios in order to increase the competitiveness of their game play.

Curriculum Organizer

It is expected that students will:

- Identify and perform a variety of skills and techniques.
- Understand when to use appropriate defensive skills.
- Demonstrate knowledge of defensive strategies learned.
- Understand circumstances as to when certain defensive skills are appropriate.

Unit 5: Mental Training and Fitness Time: 20 hours

Students will learn the components of fitness, strength and mental training for peak performance. They will learn the principle of fitness and strength training and learn the methods for developing peak performance. Students will learn and perform different types of fitness and strength training (plyometrics, core, isometric etc). Mental training will involve relaxation and breathing techniques for high-stress situations. The course will aid in the development of strategies for positive mental rehearsal and imagery. Students will also learn the impact of nutrition.

Curriculum Organizer

It is expected that students will:

- Demonstrate an understanding of mental training skills for peak performance (mental rehearsal, imagery and self-concept).
- Demonstrate an understanding of physical fitness by designing a fitness plan for peak performance.
- Explain the components of physical fitness and principles of training.
- Identify and explain the effects of exercise on the body systems before, during and after exercise.
- Set and modify goals to develop personal fitness and motor abilities.
- Design and analyze a personal nutritional plan.
- Describe and perform appropriate activities for personal stress management and relaxation.
- Demonstrate knowledge of A.S.I.C.S. – Anima Sano in Corpore Sana (A sound mind in a sound body)

Unit 6: Care and Prevention of Injuries Time: 10 hours

Students will learn emergency care for injuries that occur during a game or practice. They will experience the proper decision making process for emergency situations. Students will learn possible ways to prevent injuries and methods for rehabilitation for physical injuries (physiotherapy, massage therapy, etc.)

Curriculum Organizer

It is expected that students will:

- Demonstrate an understanding of emergency care during an injury.
- Demonstrate proper decision making in an emergency situation.
- Identify methods of injury prevention and rehabilitation

Unit 7: Game Strategies Time: 10 hours

Students will demonstrate an understanding of appropriate responses in game situations. This would include video analysis and live game analysis. They will encounter a variety of game strategies that they will understand the appropriateness and effectiveness of.

Curriculum Organizer

It is expected that students will:

- Demonstrate knowledge of and perform a variety of game strategies
- Demonstrate an ability to analyze an appropriate response to a variety of offensive and defensive situations.
- Assess their won game responses in a given situation.

Instructional Components:

- Direct instruction
- Indirect instruction
- Interactive instruction
- Modeling
- Peer and partner instruction
- Self and peer analysis
- Videotape

Assessment Components:

Type of Assessment	Category	Details	Weighing (%)
Daily Evaluation	formative/summative		25
Skill Evaluation	formative		25
Officiating & Leadership			20
Fitness Evaluation			10
Strategy and Analysis			20

Learning Resources:

- Coach and Athletic Director Magazine
- Sport specific periodicals
- Sport specific websites for BC and Canada