

SuperFit 11

District Name: Mission
District Number: 75

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School Name: Heritage Park, Hatzic, Mission Secondary Schools
Principal's Name: Kevin Kaardal, Mike Malfesi, Randy Huth

Board/Authority Approval Date: January 15, 2004

Board/Authority Signature:

Course Name: SuperFit
Grade Level of Course: 11
Number of Course Credits: 4
Number of Hours of Instruction: 120

Prerequisite(s): Physical Education 10

Special Training, Facilities or Equipment Required:

Weight Room, Classroom, Gymnasium, Track, Hand Grip Dynamometer, Heart Rate Monitors

Course Synopsis:

This course has been developed to help students to discover training methods that efficiently help athletes achieve high levels of sport specific fitness. Students will be introduced to different physical training methods and will actively participate in them. Students will also be encourage to explore the effect training has on the body and the adaptations which occur during physical training, Students will also collect data as a result of various physical testing and will learn to interpret and compare testing results. Students will be encouraged to create an individualized training program based on their sport specific needs and actively carry out their program. Students will study nutritional issues as the base for human performance.

Rationale:

This course has been developed to encourage students to explore various training methods to increase human performance. Students will understand the effects of exercise on the body and how it relates to training effectively. Students will be encourages to understand the skills required to implement coaching plans for exercise programs that apply the principals of training. Students will be further encouraged to explore the relationship between *nutrition* and exercise physiology and how it applies to them. Student athletes will explore various ways to train specifically for their sport to help increase sport specific performance.

Organizational Structure:

Unit	Title	Time
Unit 1	General Conditioning and Basic Exercise Physiology	20 hours
Unit 2	Resistance Training and the Physiology of Muscles	20 hours
Unit 3	Training for Aerobic Endurance	20 hours
Unit 4	Training for Speed	20 hours
Unit 5	Individualized Programs for Sport Specific Skills and Needs	40 hours
Total Hours		120 hours

Unit/Topic/Module Descriptions:

Unit 1: General Conditioning and Basic Exercise Physiology

Time: 20 hours

Students will participate in various exercise programs applying the principals of training (progression, overload and specificity) to achieve gains in all the components of fitness. Students will learn how exercise affects the body and human motor performance. Students will learn about proper nutrition while training.

Curriculum Organizer

It is expected that students will:

- design and implement plans for healthy living including nutrition, exercise and work
- demonstrate an understanding of how basic exercise physiology applies to human motor performance
- evaluate, adapt and apply the elements of exercise to selected activities
- improve their personal level of fitness

Unit 2: Resistance Training and the Physiology of Muscles Time: 20 hours

Students will be introduced to various resistance-training methods. They will actively participate in resistance training using the methods introduced in class in a safe manner. Students will be introduced to basic muscle physiology' and the effects resistance training has on them. Students will learn which exercises arc more effective for various sport specific skills.

Curriculum Organizer

It is expected that students will:

- demonstrate and perform safe and correct resistance training methods
- demonstrate an understanding of the effects of resistance training on the muscles and human motor performance
- demonstrate an understanding of which exercises will benefit various sports
- evaluate, monitor and adapt plans for exercise programs for themselves and others applying the principals of training (progression, overload and specificity)

Unit 3: Training for Aerobic Endurance Time: 20 hours

Students will be introduced to the principals of aerobic conditioning and the effects on the body. Students will participate in various exercises that are designed to increase aerobic capacity. Students will research and analyze various aerobic testing and participate in these tests. Students will learn the safe progression of aerobic exercises for individuals starting an exercise program.

Curriculum Organizer

It is expected that students will:

- demonstrate an understanding of the effects of endurance exercises on the body and how it effects human motor performance
- participate in exercises that arc designed to increase aerobic capacity
- communicate to others the basic principals of aerobic training
- demonstrate and understanding of the safe progression of aerobic exercises in individuals starting a exercise program

Unit 4: Training for Speed

Time: 20 hours

Students will be introduced to the principals of speed training. Students will participate in various exercises designed to increase speed. Students will continue to study muscle composition with the emphasis placed on fast-twitch muscle enhancement.

Curriculum Organizer

It is expected that students will:

- participate in exercises designed to increase speed
- apply understanding of body mechanics (force and levers) to increase performance in the area of speed
- demonstrate an understanding of the composition of fast-twitch muscles and effective exercises to increase their performance

Unit 5: Individualized Training Programs **Time: 40 hours**

Students will develop an individualized training program based on their needs as an athlete. Students will incorporate all the information in the previous units to create an effective, all-encompassing exercise program geared to their sport specific needs. Students will present their programs to the class. Students will carry out their program and monitor their progress through testing and data collection.

Curriculum Organizers

It is expected that students will:

- create an individualized exercise program based on their specific needs.
- identify needs of other individuals and be able to create programs based on their needs.
- evaluate, monitor and adapt their individualized program through testing and data collection

Instructional Components:

Assessment Components:

Type of Assessment	Category	Details	Weighting (%)
Formative	Daily evaluation		50%
Formative	Personal Program		30%
Summative	Term Exam		20%
		Total	100%

Performance Methods

Modeling
Listening
Performing
Expression

Personal Communication

Student/Instructor Dialogue
Group Dialogue
Project Feedback
Self-Evaluation

Other

Rating Scales
Performance Standards