

William Aberhart High School
SPORT PERFORMANCE - CTS - PROGRAM OF STUDIES
COURSE OUTLINE
September 2012 to June 2013

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Sport Performance 15 is a CTS course offered to all students entering William Aberhart High School.

Aim of Sport Performance (SP)

The aim of the sport performance program is to enable individuals to develop the knowledge, skills, and attitudes necessary to understand the variety of factors related to sports performance (Alberta Education, 2000).

Through a combination of theory and practical exposure to areas of sport, students will be expected to demonstrate outcomes as they relate to the study of current training principles, performance enhancement, sports injuries, performance evaluation, sports studies and personal development through participation in sport (Alberta Education, 2000).

Learner Outcomes

Students in Sport Performance 15 will:

- Be knowledgeable about sport skill development through proper training techniques
- Understand the effects of natural as well as artificial performance enhancing strategies
- Objectively assess their fitness strengths and weaknesses, establish performance goals and evaluate the success of associated training programs
- Develop understanding beyond the tactical and physical enhancement aspects of a sport

Evaluation

Each student may receive up to credits for completing the requirements for the following modules that may be presented during the semester.

Students will be assessed on both practical and theoretical components of each unit. This will include attendance, effort, participation in a variety of performance tasks and the completion of written work that may include quizzes, tests, reports, logs, journals and/or essays.

Modules that may be covered include

1. HSS 1010 – Health and Wellness Fundamentals
2. HSS 1020 – Nutrition and Wellness
3. REC 1040 – Foundations for Training
4. REC 1050 – Sports Psychology
5. HCS 1080 – Cardiovascular System
6. Project A – HCS
7. Project A – REC

Attendance

Attendance is critical to student success. Absences as a result of illness, injury, medical appointments, holidays, or other reasons will have a negative impact on student grades. It is important that all absences are phoned into the main office. In cases where students are ill or injured and will not be able to participate in physical education classes for an extended period of time, an assessment of what options

are available will be discussed with students and parents to determine what actions will be necessary to fulfill class requirements.

Code of Conduct

Students are expected to know and understand Aberhart's code of conduct. Teachers and administrators will work with students to assist them in being in compliance with the code of conduct. Failure, suspension and withdrawal from class or school are possible consequences of poor attendance.

Locker Rooms

Students are provided with a small locker and lock for SP classes. These locks must be returned to their teacher prior to the last day of classes in a semester. Locks not returned will be removed on the last day of classes and any articles found in the locker will be placed in the lost and found. It is recommended that students do **NOT** leave any valuables in gym lockers or the locker room at any time. **The school is NOT responsible for any items stolen from the locker room.**

SP Clothing

Students are required to wear **appropriate SP clothing** for each activity. Failure to bring the correct clothing may result in the student being excluded from the class activity and being provided with an alternative activity. Students who habitually come unprepared will lose participation marks.