

RECREATION LEADERSHIP COURSE SUMMARIES

INTRODUCTORY

COURSE REC1020: INJURY MANAGEMENT 1

Students learn prevention, assessment and management techniques related to injuries that may occur during recreation and sporting events and activities.

Prerequisite: None

COURSE REC1030: TECHNICAL FOUNDATIONS FOR INJURY MANAGEMENT

Students explain basic taping and wrapping fundamentals, explore the role of the athletic therapist, identify first-aid supplies, describe common injuries, and apply basic taping and wrapping techniques to various body regions.

Prerequisite: HCS1050: Musculoskeletal System

COURSE REC1040: FOUNDATIONS FOR TRAINING 1

Students apply basic training and movement principles to health-related and performance-related components of fitness training. Students create fitness activities and develop a basic individual fitness plan to achieve goals for health-related and performance-related components.

Prerequisite: None

COURSE REC1045: GROUP EXERCISE TRENDS

Students describe trends in group fitness, participate in a variety of group fitness opportunities and apply training and movement principles to analyze the viability of fitness trends.

Prerequisite: REC1040: Foundations for Training 1

COURSE REC1050: SPORT PSYCHOLOGY 1

Students assess the impact of mental fitness on optimal sport, artistic and/or academic performance and motivation. Students examine and demonstrate strategies to strengthen mental fitness, including relaxation, visualization and positive self-talk.

Prerequisite: None

COURSE REC1910: REC PROJECT A

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

INTERMEDIATE

COURSE REC2010: NUTRITION FOR RECREATION ACTIVITIES & SPORT

Students explain the role of food and hydration in helping individuals achieve optimal physical performance for recreational physical activities and sport. Students acquire knowledge and skills to plan effectively for nutrition and hydration related to a variety of recreational activities and athletic events. Students examine food labelling and the role of recreation leaders and coaches related to promoting nutrition for performance.

Prerequisite: None

COURSE REC2015: ATHLETIC DEVELOPMENT

Students examine the Long-Term Athlete Development model and related principles of athletic skill development.

Prerequisite: None

COURSE REC2020: INJURY MANAGEMENT 2

Students learn prevention, assessment and management techniques specifically related to bone, joint and soft-tissue injuries that may occur during recreation and sporting events and activities. Opportunities are provided to practise taping and wrapping skills using a variety of techniques for prophylactic purposes only.

Prerequisites: REC1020: Injury Management 1, REC1030: Technical Foundations for Injury Management

COURSE REC2030: ANATOMY OF JOINTS

Students evaluate how anatomy affects joint function and stability and analyze mechanisms of injury to predict potential injuries. Students acquire the knowledge and skills necessary for providing recommendations for the safe and healthy function of joints.

Prerequisite: REC1020: Injury Management 1

COURSE REC2040: FOUNDATIONS FOR TRAINING 2

Students demonstrate training and movement principles related to muscular and cardiovascular development as well as the development of speed, agility, quickness and flexibility. Students apply safe practices when leading and participating in training exercises and activities.

Prerequisite: REC1040: Foundations for Training 1

COURSE REC2045: TRAINING FOR CORE MUSCLES

Students evaluate their core strength and resistance training knowledge and skills based on peer and instructor feedback. Students will demonstrate their understanding and benefits of safe and effective core strength training.

Prerequisite: REC2040: Foundations for Training 2

COURSE REC2050: SPORT PSYCHOLOGY 2

Students evaluate the impact of confidence, belief, emotions, self-awareness, rest and relaxation on optimal performance. Students examine the impact of perspective and identity on athletes and their athletic performance and evaluate team dynamics in relation to optimal group functioning.

Prerequisite: REC1050: Sport Psychology 1

COURSE REC2060: LEADERSHIP IN RECREATION & SPORT

Students learn basic skills and developmental principles for teaching recreation activities and foundational movement concepts to children and youth.

Prerequisite: None

COURSE REC2070: FUNCTIONAL INDEPENDENCE TRAINING PROGRAM LEADER

Students learn general guidelines for practical, safe and appropriate movements in a physical activity program for older adults. This course will enable students to lead a safe exercise session by providing effective and appropriate exercises that meet the needs of apparently healthy participants.

Prerequisites: HCS1050: Musculoskeletal System, HCS1080: Cardiovascular System, HCS2020: First Aid/CPR with AED

COURSE REC2120: COACHING 1

Students learn basic coaching skills common to all sports in the areas of planning and delivering a practice, teaching and learning, and mental skills training. Students develop an appreciation for the role of coaches in community recreation programs.

Prerequisite: None

COURSE REC2910: REC PROJECT B

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

COURSE REC2920: REC PROJECT C

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

COURSE REC2950: REC INTERMEDIATE PRACTICUM

Students apply prior learning and demonstrate the attitudes, skills and knowledge required by an external organization to achieve a credential/credentials or an articulation.

Prerequisite: None

ADVANCED

COURSE REC3010: HUMAN MOVEMENT

Students acquire advanced knowledge and skills necessary for the application of the basic principles of movement and biomechanics to a variety of physical activities. Students gain an appreciation for how biomechanics can impact the health and wellness of individuals and their families, peers and communities.

Prerequisite: HCS1050: Musculoskeletal System

COURSE REC3015: FLEXIBILITY TRAINING

Students explore and demonstrate various forms of flexibility training in relation to development of training programs.

Prerequisites: REC2040: Foundations for Training 2

COURSE REC3020: INJURY MANAGEMENT 3

Students analyze prevention, assessment and management techniques specifically related to bone, joint and soft-tissue injuries that may occur during recreation and sporting events and activities. Students evaluate sport-specific injuries considering injury prevention, mechanisms of injury, anatomy, joint structure, signs and symptoms, treatments, associated taping, strapping and wrapping options, and rehabilitation. Numerous opportunities to demonstrate and apply various prophylactic taping techniques are provided.

Prerequisites: REC2020: Injury Management 2, REC3010: Human Movement

COURSE REC3025: CARDIOVASCULAR TRAINING

Students learn cardiovascular training principles and strategies to measure cardiovascular fitness. They explore a variety of modalities for cardiovascular training and then use this knowledge to plan, lead and evaluate a cardiovascular training session.

Prerequisite: REC2040: Foundations for Training 2

COURSE REC3030: SPEED & AGILITY

Students explore innovative and advanced techniques for speed and agility development in relation to sport and recreation.

Prerequisite: REC2040: Foundations for Training 2

COURSE REC3040: TRAINING & CONDITIONING

Students gain an understanding of training principles and how they affect workout design. Students also gain fundamental skills for assessing exercise intensity and learn training principles to increase and decrease workout designs for apparently healthy individuals.

Prerequisite: HCS1080: Cardiovascular System

COURSE REC3045: PERIODIZATION

Students apply the concepts of periodization to training programs for resistance and aerobic training.

Prerequisite: REC2040: Foundations for Training 2

COURSE REC3050: SPORT PSYCHOLOGY 3

Students recommend and design strategies for helping athletes achieve optimal performance levels. Societal attitudes towards sport are examined. Students demonstrate and plan techniques for energy management, focus and activation, self-talk and visualization.

Prerequisite: REC2050: Sport Psychology 2

COURSE REC3060: EVER ACTIVE KIDS LEADERSHIP

Students learn principles of Ever Active leadership with children and youth in recreation settings in the community. Ever Active Kids leaders endeavour to develop proficient and expressive movers who have a comfort and joy in using their bodies for both goal-directed and aesthetic purpose. Students learn the importance of evidence-based practices related to Fundamental Movement Skills from the Canadian Sport for Life Model; physical literacy, child and youth development, exercise, activity adoption and motivation theories; and physical activity patterns of children and youth.

Prerequisites: HCS2020: First Aid/CPR with AED, REC2060: Leadership in Recreation & Sport

COURSE REC3070: FITNESS INSTRUCTION LEADERSHIP PRINCIPLES

Students learn the components of fitness and apply them to the design of various fitness and exercise classes for apparently healthy individuals. Students will develop their own leadership styles and practice effective communication techniques for leadership in a group exercise setting.

Prerequisites: HSS1020: Nutrition & Wellness, REC3040: Training & Conditioning

COURSE REC3080: RESISTANCE TRAINING LEADERSHIP

Students apply knowledge of the musculoskeletal system, basic biomechanics, basic training and conditioning principles and fitness leadership principles to a resistance training context. Students learn principles and skills to develop and lead a resistance training workout program for apparently healthy individuals.

Prerequisite: REC3010: Human Movement, REC3040: Training & Conditioning, REC3070: Fitness Instruction Leadership Principles

COURSE REC3085: OLYMPIC WEIGHTLIFTING

Students develop an understanding of the science of Olympic weightlifting. Students will be safely introduced to the basics of Olympic weightlifting. Proper execution and safety will be emphasized.

Prerequisite: REC2040: Foundations for Training 2

COURSE REC3090: AQUATIC FITNESS TRAINING LEADERSHIP

Students apply knowledge of the musculoskeletal system, basic biomechanics, basic training and conditioning principles and fitness leadership principles to an aquatic exercise training context. Students learn principles and skills to develop and lead a group aquatic exercise program for apparently healthy individuals.

Prerequisites: REC3010: Human Movement, REC3070: Fitness Instruction Leadership Principles

COURSE REC3100: FITNESS LEADERSHIP FOR THE OLDER ADULT

Students apply knowledge of the musculoskeletal system, basic biomechanics, basic training and conditioning principles and fitness leadership principles to lead fitness classes for apparently healthy older adults.

Prerequisites: REC3010: Human Movement, REC3070: Fitness Instruction Leadership Principles

COURSE REC3110: GROUP EXERCISE LEADERSHIP

Students apply knowledge of the musculoskeletal system, basic biomechanics, basic training and conditioning principles, and fitness leadership principles to leading group exercise classes with different emphases for apparently healthy individuals.

Prerequisites: REC3010: Human Movement, REC3070: Fitness Instruction Leadership Principles

COURSE REC3120: COACHING 2

Students learn basic coaching skills common to all sports in the areas of designing a sport program and ethical considerations for coaching. Students develop an appreciation for the roles and responsibilities of coaches in community recreation programs.

Prerequisite: REC2120: Coaching 1

COURSE REC3130: OFFICIATING

Students analyze the historical development of at least one specific sport, including an in-depth analysis of the rules of play. Students analyze the roles and responsibilities of officials in sport and demonstrate officiating skills for a specific sport in simulated scenarios and actual practices and games.

Prerequisite: None

COURSE REC3140: SPORT & SOCIETY

Students explore the structure and function of community, amateur and professional sport organizations. The impact of sport organizations and events on society is also examined.

Prerequisite: None

COURSE REC3910: REC PROJECT D

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

COURSE REC3920: REC PROJECT E

Students develop project design and management skills to extend and enhance competencies and skills in other CTS courses through contexts that are personally relevant.

Prerequisite: None

COURSE REC3950: REC ADVANCED PRACTICUM

Students apply prior learning and demonstrate the attitudes, skills and knowledge required by an external organization to achieve a credential/credentials or an articulation.

Prerequisite: None