

Nelson Mandela Sports Performance Outline

Sports Performance Introduction

Teacher Contacts:

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Course Objectives:

The objective of Sports Performance is to provide a challenging, yet fun environment where students will participate in a variety of physical training activities. Students will also explore certain theory topics in training techniques, group fitness, nutrition, leadership, and sports psychology, etc. Students who commit to the program will leave knowing more about themselves, what their bodies are capable of doing, and ways to live a healthier lifestyle.

Injuries:

Unfortunately, sometimes injuries do happen but communication with your teacher is essential. We ask that you get a note/email from your parent/guardian/physician to be excused from participating in class. We will do our best to find ways to modify training to accommodate your injury. We also would require confirmation that you are capable of participating fully once healthy.

Attendance:

If you are not able to come to school please report this to the Nelson Mandela Attendance Line. If you are away from school for an extended period of time students are required to communicate this with the office and their teacher in a timely fashion. Students' assessment will not be negatively impacted due to excused absences, we ask that students communicate with their teachers to come up with the best plan in order to ensure all course outcomes are met.

After 3 unexcused absences: contact with parent/guardian

After 6 unexcused absences: contact with parent/guardian, Connect teacher and Success Advisor

Continued unexcused absences after 6: referral to administration

* all unexcused absences affect assessment

Electronic device policy:

Students will not be permitted to use their personal electronic devices in class unless given permission by their teacher. We want to ensure that students can hear instructions in case of an emergency and also encourage the opportunity for social engagement with peers during activities. This policy has been added to our assessment practices.

Fees:

The cost of Sports Performance for the 2023/24 school year will be **\$35**. Students are expected to pay for class fees through their online portal. Fees will be used to off-set the cost of off-campus experiences and for guest instructors.

D2L:

All course material will be available on our D2L shell. All course projects/assignments will be submitted digitally through D2L. Accepted file formats for submission are **Microsoft Word, Excel, PowerPoint, PDF etc. PLEASE NO APPLE FILES AND GOOGLE DOCS**. If you foresee issues coming up or are having challenges please advocate for your learning needs with your teacher ASAP.

Student Preparedness and Requirements:

Students are required to change into activewear for personal hygiene reasons and must wear clothing that is safe for activity (Jeans are not safe due to zippers and belt loops). Clothing needs to promote movement and must be appropriate for all types of weather. Students should look at the daily forecast as we will take advantage of outdoor activities as much as possible even if the weather is not ideal.

Clothing and Footwear: Remember that Nelson Mandela is a place of business and appropriate clothing is required.

1. Tops: T-Shirts (long or short sleeve) or sweatshirts with no offensive images, language or slogans.
2. Bottoms: Shorts, sweatpants or leggings (no spandex, V-Ball shorts).

3. Footwear: Athletic activities require proper footwear. Please come with shoes that lace up and that provide enough support to participate safely (No slip-on shoes or sandals)
4. Outdoor Supplies: Warm weather clothing, hat, sunscreen
5. Water Bottle: All students will need a labeled water bottle for class.

*** If a student is wearing inappropriate clothing and/or shoes that impacts their ability to participate safely they may be asked to sit out, which will impact their grade***

Locks and Lockers:

Students will not be issued a locker. *** Due to the amount of theft and the lack of space in the Genesis change rooms bring all of your backpacks or book bags to class.***

Course Evaluation:

Marks are cumulative throughout the semester and each module is weighted evenly. Five CTS credits will be earned and they are listed below for each course level. You must successfully complete all pre-requisite CTS modules in order to advance to the next level. Updated grades can be found through the PowerSchool App or through the following website: <https://sis.cbe.ab.ca/public/home.html>

Module Credit Breakdown:

- **Activity/Competencies Mark (50%)**
 - Based on the Sports Performance Activity Assessment Rubric – See D2L
 - Students will be evaluated on a module basis
- **Projects & Assignments (30%)**
 - Each module will have a major assignment or multiple minor assignments connecting to the Program of Studies
- **Employability Skills (20%)**
 - Based on the Sports Performance Employability Skills Rubric – See D2L

Note - Rubrics for each aspect of the program can be found in your class D2L shell
 - Credits are not guaranteed should students choose to leave the program at any time.

Sports Pro 10

- HSS 1020: Nutrition & Wellness
- Rec 1040: Foundations for Training 1
- Rec 1045: Group Exercise Trends (**Prerequisite Rec 1040**)
- Rec 1050: Sport Psychology 1
- Rec Project A

Sports Pro 20

- Rec 2010: Nutrition for Recreation Activities and Sport
- Rec 2040: Foundations for Training 2 (**Prerequisite Rec 1040**)
- Rec 2045: Training for Core Muscles (**Prerequisite Rec 2040**)
- Rec 2050: Sports Psychology 2 (**Prerequisite Rec 1050**)
- Rec 2910: Rec Project B

Sports Pro 30

- Rec 3015: Flexibility Training
- Rec 3025: Cardiovascular Training (**Prerequisite Rec 2040**)
- Rec 3030: Speed and Agility (**Prerequisite Rec 2040**)
- Rec 3045: Periodization (**Prerequisite Rec 2040**)
- Rec 3085: Olympic Lifting (**Prerequisite Rec 2040**)
- ***If students cannot complete Olympic Lifting at a safe level they will be given an alternative module (Rec Project D)**