**Sports Performance Course Outline**

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**Nature of the Course**This course is designed to build on the knowledge acquired in Sports Performance 10. Students will be expected to demonstrate outcomes as they relate to the study of current training principles, performance enhancement and evaluation, sports studies and personal development. Students will study and use, in a practical curriculum, concepts involving the knowledge, attitudes and skills necessary to improve sports performance.

**OVERVIEW**

This course objectives are to provide learning and physical development opportunity for the active student athlete in addition to the skill development and tactical aspects of a sport. The sports community recognizes the importance of learning proper training principles, sport psychology, goal setting, personal assessment and development. Sports experts believe that these skills will ultimately be the most important component of a student athlete’s experience. These skills will ultimately help to develop the student’s athletic potential and shape them into a productive caring citizen of our community in the future.

**EXPECTED Course Delivery**

Through theory and practical application the student will understand the general outcomes, and the impact in their personal development. Students have the opportunity to enhance their physical and mental abilities specific to their sport and personal goals. The fitness center, classroom, gymnasiums, fields and local resources will be used to enhance the program. Individual fitness programs will be developed, conducted and assessed towards person goals. Athletic Performance 15/25/35 will provide the opportunity for the individual athlete to work towards their athletic development goals through assessment, enhancement and knowledge.

Students will have the opportunity to complete the following CTS courses to make up the content of the class over 1 to 3 years. All credits can be available depending on time, availability of recourses and class direction.

**ASSESSMENT**

Tests and Quizzes 20%

Assignments 50%

Commitment, Work Ethic, Peer Leadership 30%

100%

**ATTENDANCE**

It is the expectation that students will attend all classes.  Any class work, quizzes or assignments that are missed are the responsibility of the student to catch up on.  It is the student’s responsibility to approach the teacher to find out what they have missed and proceed to get caught up.  Any tests/quizzes missed will be made up the day of return.

**LATES**

If a student is frequently late for class they will be asked to make up the time they have missed during a lunch hour.  It is important to be in class at the start to get all instructions for the day.

**PERFORMANCE EXPECTATIONS**

* As this course is optional to students, we expect that the type of student who enrolls in the course will be highly motivated and a conscientious individual who is ready to excel on a daily basis.
* The assumption will be made that the type of student enrolled in this course will be dedicated to becoming a better athlete through performance enhancement training and by understanding the associated theoretical background.
* An hour of focused hard work is the expectation. Sweaty and out of breath should a common occurrence.
* We do not “Save ourselves for practice.” A game situation MAY be different but should be communicated with instructor.

**Athletic Performance 15**

**HSS. 1010 - Health Services foundations-**

* Students examine fundamental attitudes, knowledge, and skills to prepare for further study in career pathways in health, recreation and community services.

**CCS 1030 - Caring For Body Systems 1**

* Students learn the basic anatomy and physiology of the human body and identify changes that occur throughout the lifespan. (pre-req. HSS 1010)

**REC. 1040** **– Foundations of Training 1**

* Application of basic training and movement principles to health related and performance –related components of fitness training.

**HCS 1080 -** **Cardiovascular system**

* Basic understanding, knowledge of the cardiovascular system. (pre-req. HSS 1010)

**REC. 1050** - **Sports Psychology** **1**

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

**REC 1910 - 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.

**HSS. 1020** - **Nutrition and Wellness**

* Discuss, explore the impact of nutrition, hydration to wellness and athletic performance