

# **Sport Performance Course Outline**

High School Career and Technology Studies  
Matthew Halton High School

**Mr. DJ McDougall**

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**Office:** Fitness room 184 (See me during P2S)

**Classroom:** 204 & Fitness Room

The CTS program is designed to develop skills that senior high school students can apply in their daily lives when preparing for entry into the workplace or for further learning opportunities.

## **Outcomes**

In this course you will earn **3 credits** if you successfully complete 3 modules.

### **Course 1: Health Care System 1050 - The Musculoskeletal System**

**Description:** Students explore the structure and function of the musculoskeletal system, gain an understanding of conditions of the musculoskeletal system and achieve an appreciation for the benefits of practicing a healthy lifestyle as it pertains to the individual, family, peers and community.

- Explain the basic anatomy and physiology of of the skeletal system
- Explain the basic anatomy and functions of the muscular system
- Explain the basic anatomy and function of muscles and joint structures
- Evaluate factors that contribute to the promotion and maintenance of a healthy musculoskeletal system
- Explain the basic pathology and treatment of conditions of the Musculoskeletal system.
- **Demonstrate Basic Competencies**
- **Make person connections to the cluster content and process to inform possible pathways choices**

### **Course 2: Recreation Leadership 1020 - Injury Management 1**

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

- Evaluate roles and responsibilities of a first-aider in prevention of injuries before and event or season of play
- Create and Emergency Action Plan to prepare for possible emergencies at different venues
- Explain basic physiological principles related to various injuries and illnesses that may occur during recreation or sporting event and activities
- Demonstrate the appropriate management and treatment of injuries that can occur during recreation activities and sporting events using simulations
- Demonstrate basic taping and strapping of minor injuries in simulations

## **Course 3: Recreation Leadership 1040 - Foundations For Training 1**

**Description:** 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.

- Apply training movement principles to the development of performance-related components of fitness
- Apply training and movement principles to develop health-related components of fitness
- Create basic individual fitness plan for achievement of goals in selected health-related and performance-related components of fitness

### **Module Breakdown:**

Assignments, Practical Skills, Daily Tasks - 35%  
Projects, Presentations - 20%  
Exam/Quizzes - 30%  
Basic Competencies - 15%

### **Resources/Materials**

All material will be posted to the **Google Classroom** and **Chromebooks** will be provided as needed.

**Students will need athletic shoes and clothes during the Foundation for Training Module because we will be in the fitness room creating workout plans.**

\*There may be a small fee for our taping section. More information will be provided at a later date.

Items that may help throughout the modules:

- Binder/Duotang to keep assignments and handouts organized
- Notebook for taking notes if you choose to do so
- **Phones?** Kahoots, quizzes, forms. (This can be delivered in a different way if students do not have access to a phone.) **Please come and talk to me.**

### **Schedule (tentative)**

Module 1: September 5 - October 10 (Final Exam)

Module 2: October 12 - December 5 (Final Exam)

Module 3: December 7 - January 19 (Final Project)

### **Class Expectations**

**\*ALL SCHOOL EXPECTATIONS APPLY**

1. Students are expected to attend all CTS classes on time, and prepared to engage in course materials. Please come and talk to me ahead of time if you are going to miss class. I will provide you with necessary materials to complete your work or have it posted on the Google Classroom.
2. When a teacher or student is talking you will show **respect** and allow them to have the floor.
3. You must be willing to work with other students, communicate and show positive behaviors. (This is a part of the module outcomes and will be graded under basic competencies)
4. **Phones will be kept in backpacks or pockets for the duration of class, unless we are using it for school purposes.** We will have a 3 strike rule and you will have to leave it at the front of the classroom during instructional time. (I am open to suggestions for a different punishment)
5. I will allow students to have small snacks during class, but please don't let it be a distraction or this rule will change.
6. Students will be required to hand in assignments on time. Due dates will be communicated in person and on the Google Classroom. If there is going to be an issue, again please come and talk to me to arrange