



## Sports Performance 7/8/9 COURSE OUTLINE 2021/2022

Chelsea Dolan

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Google Classroom Enroll Code: glcki3r

### Course Description:

This course seeks to provide students with the opportunity to develop themselves as athlete leaders. We will be focusing on athletic training, skill development, goal setting, and competition preparation, nutrition, and teamwork, and Leadership skills.

### Major Topics:

1. Fitness: Endurance, Speed, Agility, Strength, Flexibility.
2. Goals Setting and Sports Psychology.
3. Nutrition specific to training and competition
4. Leadership skills in sport

### Goals:

- Provide students with the opportunity to develop knowledge, skills, and attitudes necessary to live an active and healthy lifestyle.
- Have students understand the importance of physical fitness, the relationship between physical fitness and well-being, and the ways to accomplish their fitness goals.
- Have students work with others (individual and partners) to achieve individual and partner goals.

### Student Equipment & Supplies:

*\*Almost* all sporting equipment will be supplied by the school unless otherwise notified in advance  
Students are expected to provide a change of clothes for physical education activities.

Appropriate physical education attire includes:

- T-shirt
- shorts
- sweat socks
- running shoes (non-scuffing with good support), only to be used in the gym
- sweat top (hooded for outdoor activities is preferred)
- sweat pants
- hats are not allowed in the gymnasium and fitness center during classes
- Students should not wear jewelry (earrings, watches, bracelets, rings, necklaces, etc.) to class

\*Students will need a device and binder for this class and there will be written work and theory involved.\*

### Our W.G. Murdoch Community expectations

- Engages in productive work
- Follows our passions in learning
- Supports belonging for everyone
- Drives for success
- Behaves in a respectful manner

**Student Responsibilities:**

- Students must be changed and ready for class 5 minutes after the starting bell.
- There is absolutely no food or drink allowed in the gym except water bottles.
- Students should leave all valuables in their lockers; NOT in the change rooms. The PE department is not responsible for lost or stolen items.
- Students are not allowed to chew gum during class.
- Students must participate to the best of their abilities while working cooperatively and demonstrating positive sportsmanship.
- Students must work towards personal fitness goals and skill development.
- Students must follow proper safety procedures.
- Students must report **ALL INJURIES** to their teacher immediately after they happen.

**Course Evaluation:**

We will be using real-time reporting on the specific outcomes created for this class. Please see Power School for updated marks throughout the semester. Grades are not cumulative and a final mark will be given at the end of the semester.