

Sports Medicine 30 - Ms Frauts
Springbank Community High School

Background

This course is the most advanced level that we offer at the secondary level. Students need both Sports Medicine 10 and 20 to participate in this program. However, a student with a strong background in the sciences and teacher approval may be able to take this course with just the Sports Medicine 10 pre-requisite.

Objectives

In this course students will learn how to formulate an athletic training program to ensure success and reduce the potential for injuries. Students will explore training tactics, strategies and methods in the classroom and in training facilities. In addition, students will learn how to combat some of the mental challenges that face athletes within the sport domain. They will explore ways to enhance their mental performance in order to reach their goals. We will also investigate how the heart adapts and responds to training and how to prolong one's active lifestyle. Furthermore, students will gain the most up to date knowledge regarding first aid and AED use and application.

MODULES of STUDY

- 1) **Foundations for Training - REC 1040** - Students will apply basic training and movement principles to health-related and performance-related components of fitness training. Students will create fitness activities and develop basic individual fitness plans to achieve specific goals.
- 2) **Sport Psychology 1** - Students will investigate mental fitness for optimal performance in sport and/or academic and/or artistic pursuits. Students will demonstrate and examine strategies to strengthen mental fitness, including relaxation, visualization and positive self-talk.
- 3) **Athletic Development REC 2015** - Students will examine long term athletic plans and models. They will work on cultivating programs to enhance skills and fitness.
- 4) **Cardiovascular System - HCS 1080** - Students will work to acquire the knowledge and competence to maintain and promote a healthy

cardiovascular system. Students will study the pathology of different conditions related to this system. They will learn how to practice and implement a healthy lifestyle for themselves and their families and communities.

- 5) **First Aid/CPR with AED - HCS 2020** - Students will study and demonstrate first aid skills and methods including CPR, and AED use for dealing with emergency situations. Students will learn safe practices for dealing with injuries and protecting themselves from harm and infections.

*** please note this is not a certification credit but a global understanding of how to perform life saving skills as a potential witness or bystander to aid someone requiring life saving measures ****

ASSESSMENT

- a) Each module is worth 100%
- b) Students have the ability to earn 5 credits
- c) Students will partake in assignments, workouts, demonstration of skills, tests and other classroom activities to hone their skills and advance their understanding of the outcomes of each module unit

EXPECTATIONS

Attendance/Lates

Due to the nature of the course, students will be involved in many interactive and hands-on experiences during class time. Therefore students are expected to attend ALL classes. Any class work, quizzes or assignments missed are the responsibility of the student to catch up on. Each student needs to contact the teacher regarding missed work. Late assignments will be deducted according to the nature of the rationale for the tardiness. After one week they will receive a mark of zero. Being on time for class is also important as key information and skill development will take place from the beginning of each class.

In addition to the opportunity of earning these modules, students will also be expected to demonstrate “RESPONSIBILITY”, “INTEGRITY”, “STRENGTH”, and “EXCELLENCE” in their daily classroom interactions. The “RISE” credo of SCHS ensures that all students and staff put forth their best.