

# COCHRANE HIGH SCHOOL

## SPORTS PERFORMANCE

Teacher: Mr. R McNab

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Course Fee: \$75 (Guest Instructors, Field Trips, T-shirt, Resource Fee)

- Sports Performance can be used to meet the CTS requirement for a high school diploma in Alberta.

Course Supplies & Resources:

- Cochrane High Sports Performance shirt, athletic shorts, training runners, cold weather clothing for outside workouts.

Assessment Tools for Evaluation (Each module may vary in weighting and content):

- |  |     |
|--|-----|
| • Employability Skills (Attendance, Participation) | 50% |
| • Fitness, Skills, Performance & Development       | 30% |
| • Assignments, Quizzes, Tests                      | 10% |
| • Projects and Independent Inquiry                 | 10% |

Absences / Lates:

- If you are absent for any reason, a phone call is required as outlined in the online agenda. Any work can be submitted or completed on your return. The key is communication on your return to class. If a pattern arises regularly, then a discussion between student and teacher and parents and if necessary administration as per the the Cochrane High Attendance policy as outlined in the agenda.

Electronic Devices:

- Personal electronic devices are to be used respectfully and appropriately in class. This includes refraining from personal texting during class time. Ipads, computers etc. should be used only for classroom activity. Phones should be stored away during class so they are not a distraction to your learning.

Use of Facilities: inside and outside of Cochrane High School:

- Students and parents are reminded that this is a physically demanding option course, and the students will be physically active throughout the entirety of this course. Indoor facilities include the Gymnasium, Fitness Center and Classrooms. Outdoor facilities include the school field and the surrounding community, ie: Cochrane Ranch.

Transportation:

- When it becomes necessary that the class must travel to a local facility, all students will travel on the teachers arranged transport. (bus, van, walking etc. )

Expectations:

- Attend class daily and work toward set goals
- Show respect for classmates and all instructors
- Respect all equipment and facilities
- Have fun and work hard to create a positive environment for all

As of Sept. 1, 2015 – Tentative

The 5 are as follows for SP10:

- |   |      |         |
|---|------|---------|
| 1. HSS1010: Health Services Foundations | Pre: | None    |
| 2. HSS1020: Nutrition & Wellness        | Pre: | None    |
| 3. REC1040: Foundations for Training 1  | Pre: | None    |
| 4. REC1050: Sport Psychology 1          | Pre: | None    |
| 5. REC2040: Foundations for Training 2  | Pre: | REC1040 |

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6. HSS Project Credit. If needed due to students previously having HSS1010 from another CTS option.

The tentative 5 are as follows for SP20:

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|--|------|---------|
| 1. REC2010: Nutrition for Sport and Recreation | Pre: | None    |
| 2. REC2015; Athletic Development               | Pre: | None    |
| 3. REC2050: Sport Psychology 2                 | Pre: | REC1050 |
| 4. REC2045: Training for Core Muscles          | Pre: | REC2040 |
| 5. REC3030: Speed, Agility, Quickness          | Pre: | REC2040 |
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- |  |      |      |
|--|------|------|
| 6. REC2120: Coaching 1 (If needed)                       | Pre: | None |
| 7. REC2060: Leadership in Recreation & Sport (If needed) | Pre: | None |

The tentative 5 are as follows for SP30:

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|--------------------------------|-------|---------|
| 1. REC3015: Flexibility        | Pre:  | REC2040 |
| 2. REC3025: Cardio Training    | Pre:  | REC2040 |
| 3. REC3045: Periodization      | Pre:  | REC2040 |
| 4. REC3085: Olympic Lifting    | Pre:  | REC2040 |
| 5. REC3050: Sport Psychology 3 | Pre:  | REC2050 |
| 6. REC3140 : Sport & Society   | Pre : | None    |
| 7. REC Project Credit.         |       |         |