

Sports Performance 1

Student: _____

Days: Tuesday and Thursday
 Time: 7:30 – 8:30am

Instructor: Michael Bayer
 Email: mbayer@clearview.ab.ca

Students will receive credit in the following CTS courses for their work in Sports Performance, depending on which year they are currently enrolled in.

Year 1	Year 2	Year 3
HSS 1010 Health Service Foundations	HCS 1080 Cardiovascular System	HCS 1050 Musculoskeletal System
REC 1050 Sports Psychology 1	REC 2050 Sports Psychology 2	REC 3050 Sports Psychology 3
HSS 1020 Nutrition & Wellness	HSS 1080 Leadership Fundamentals 1	REC 3010 Human Movement
REC 1040 Foundations for Training	REC 2040 Foundations for Training 2	REC 3040 Training & Conditioning
REC 1910 Project A	REC 2910 Project B	REC 3910 Project D

Daily Routine

	Tuesday		Thursday	
	Year 1	Year 2-3	Year 1	Year 2-3
7:30-7:40	Direct Instruction (Room 215)	Warm-Up	Warm-Up	Direct Instruction (Room 215)
7:40-7:50	Warm-Up	Exercise	Exercise	Warm-Up
7:50-8:00	Exercise			Exercise
8:00-8:10				
8:10-8:20				
8:20-8:30	Cool Down, Flexibility, and Clean-up			

Foundations for Training (REC 1040)

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 foals for health-related and performance-related components.

Health Components

- Cardiovascular Health
- Muscular Strength
- Muscular Endurance
- Flexibility

Performance Components

- Power
- Speed
- Balance
- Agility
- Coordination

S.M.A.R.T. Goals

- Specific
- Measureable
- Achievable
- Realistic
- Time-Based

F.I.T.T. Principle:

- Frequency: How often you are participating in some type of physical activity.
- Intensity: How difficult the activity is to complete.
- Type: The activity that you are choosing to participate in.
- Time: How long you participate in each activity.

Increasing Muscle Mass:

- Overload Theory: Muscles must exert more effort than previously in order to obtain muscle mass.
- Specificity Principle: Focusing on exercises directly related to certain muscle groups.

Outcomes:

1. Apply training and movement principles to the development of **performance-related components** of fitness.
2. Apply training and movement principles to the development of **health-related components** of fitness.
3. Create a basic individual fitness plan for achievement of goals in selected health-related and performance-related components of fitness.

Sports Psychology 1 (REC 1050)

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

Goal-Setting Strategies:

- Goal Focus (process, performance, or outcome based)
- Goal Specificity (general versus specific)
- Goal Difficulty
- Goal Valence (positive goals)
- Goal Proximity (short term versus long term)
- Goal Venue (training versus competition)
- Goal Collectivity (individual goals versus team goals and how they work together)
- Goals that are written according to SMART

Principles of Motivation:

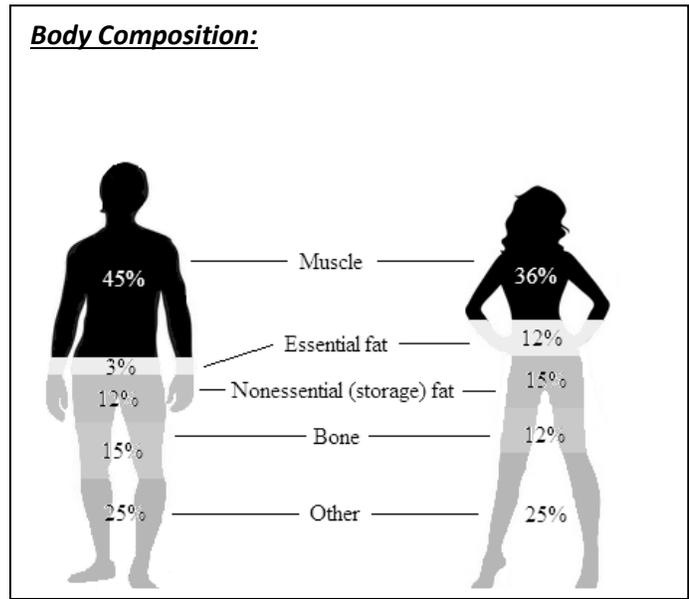
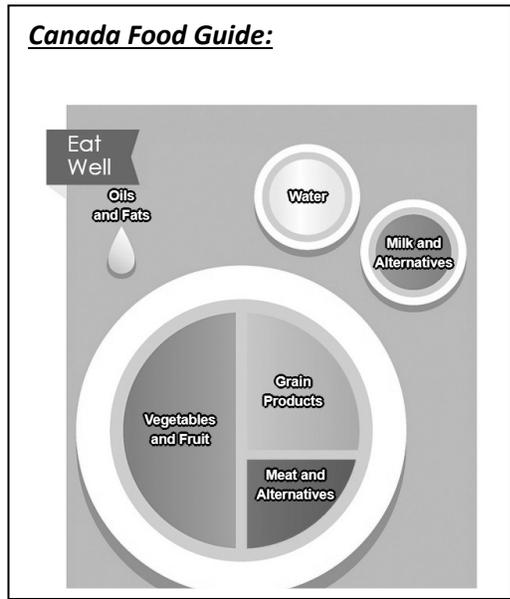
- The environment can be used to focus the student's attention on what needs to be learned.
- Incentives motivate learning.
- Internal motivation is longer lasting than more self-directive than is external motivation.
- Learning is most effective when an individual is ready to learn.
- Motivation is enhanced by the way in which the instructional material is organized.
- Because learning requires changes in belief and behavior, it produces mild levels of anxiety.
- It is important to help students set goals and provide feedback regarding progress.
- Both affiliation and approval are strong motivators.
- Many behaviors result from a combination of motives.

Outcomes:

1. Assess the impact of mental fitness on performance and motivation
2. Analyze how activation levels affect sport performance
3. Explain basic performance planning strategies used to enhance concentration, readiness, distraction control and consistency in performance
4. Apply basic mental training strategies to enhance sports performance

Nutrition & Wellness (HSS 1020)

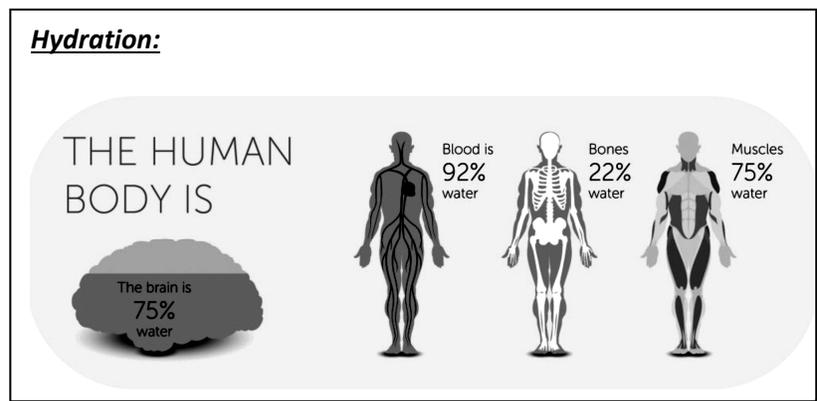
Description: Students learn the importance of nutrition and hydration for the promotion and maintenance of physical, emotional and social health and wellness throughout life. Students evaluate food and supplement choices, the effects of activity on nutritional requirements and the use of labels to improve daily nutritional intake at all ages.



Nutritional Information:

Nutrition Facts	
Serving Size 1 serving (145.8 g)	
Amount Per Serving	
Calories 134	Calories from Fat 80
% Daily Value*	
Total Fat 6.7g	10%
Saturated Fat 3.8g	19%
Cholesterol 15mg	5%
Sodium 441mg	18%
Potassium 205mg	6%
Total Carbohydrates 18.3g	6%
Dietary Fiber 2.1g	8%
Sugars 3.8g	
Protein 2.8g	
Vitamin A 6%	Vitamin C 8%
Calcium 1%	Iron 3%

* Based on a 2000 calorie diet

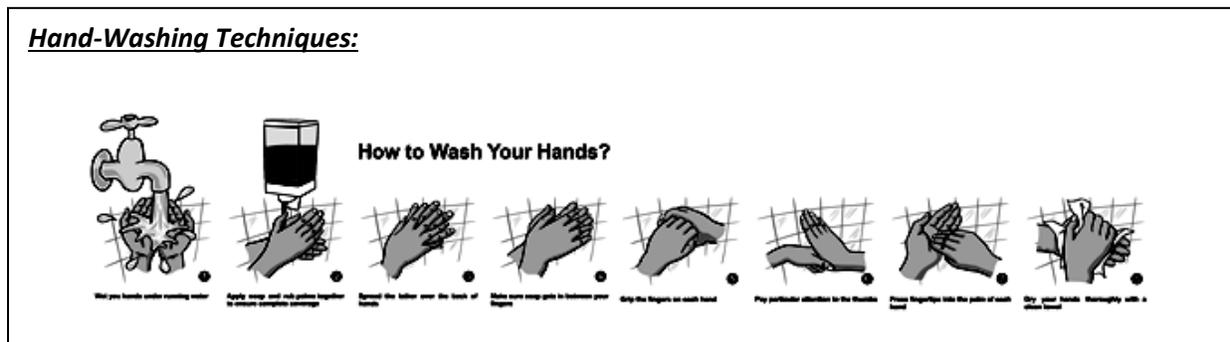
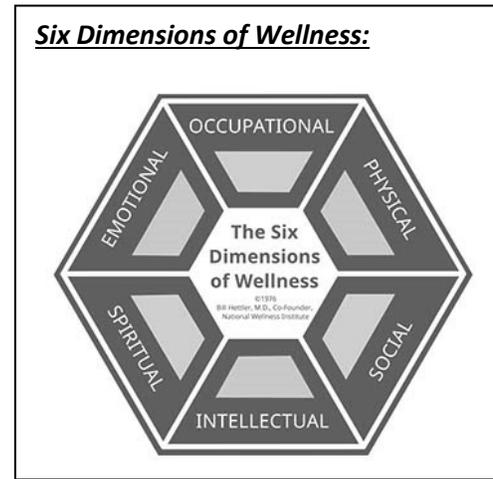
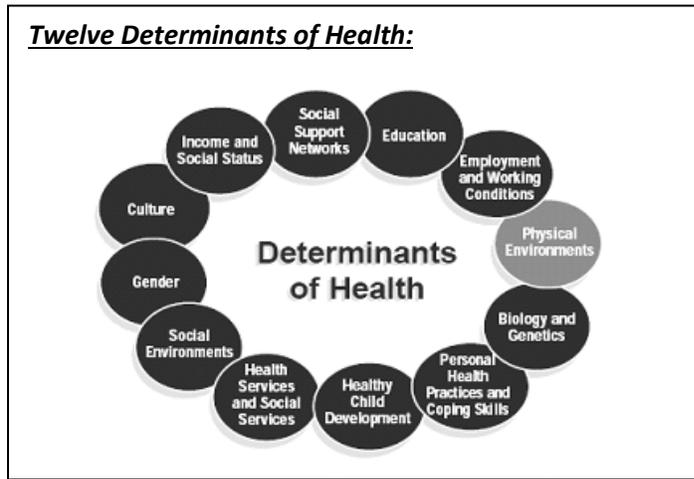


Outcomes:

1. Analyze food choices and their effects on health and wellness.
2. Explain the effects of hydration on health and wellness.
3. Evaluate strategies for achieving optimal nutrition at various stages of life.
4. Evaluate nutritional information and misinformation.

Health Service Foundations (HSS 1010)

Description: Students examine fundamental attitudes, knowledge and skills to prepare for further study in career pathways in health, recreation and community services. Concepts related to the determinants of health, the dimensions of wellness, basic principles of anatomy, physiology and disease, the basic safety and reporting protocols for providing care to individuals in health, recreation, volunteer and community support settings are reviewed.



Outcomes:

1. Evaluate the determinants of good health in Canadian society.
2. Evaluate the dimensions of wellness and factors affecting personal wellness.
3. Perform effective and appropriate hand-washing techniques.
4. Apply basic principles of movement that contribute to health and wellness.
5. Explain basic principles of anatomy, physiology and disease related to systems of the human body.
6. Describe basic legal obligations of people providing services in health care, community support, volunteer and recreation settings through examples.

Evaluation

Foundations for Training (REC1040)

- Self-evaluations 20%
 - Evaluate progress towards goals
 - Safe use, storage, and cleaning of equipment 20%
 - Major Project – Planning stages 60%
 - Fitness plans for achieving selected goals
 - Fitness record
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Sports Psychology 1 (REC1050)

- Self-evaluations 20%
 - Evaluate personal mental fitness
 - Evaluate personal sources of motivation
 - Evaluate personal goal-setting strategies
 - Evaluate goal-setting processes used in Sports Performance
 - Google Classroom participation 40%
 - Submission and description of articles/videos
 - Discussion of other student's submissions
 - Assignment: Performance planning strategies 40%
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REC Project A (REC1910)

- Major Project – Planning stages 40%
 - Fitness plan for achieving selected goals
 - Fitness record
 - Major Project – Achievement stage 60%
 - Achievement of goals (calculated using a percent difference)
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Nutrition and Wellness (HSS1020)

- Self-evaluations 20%
 - Food choices
 - Hydration Level
 - Personal health and wellness
 - Google Classroom participation 40%
 - Submission and description of articles/videos
 - Discussion of other student's submissions
 - Assignment: Nutritional plan 40%
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Health Service Foundations (HSS1010)

- Safe use, storage, and cleaning of equipment 20%
- Google Classroom participation 40%
 - Submission and description of articles/videos
 - Discussion of other student's submissions
- Demonstration of appropriate hand-washing techniques 10%
- Assignment: Optimizing personal health and wellness 30%