

## **Bishop McNally Active Living Program** **Sports Performance Course Outline**

The Bishop McNally Active Living Program provides learning experiences that will enable students to make positive choices in regards to living active and healthy lives. The focus of the sports performance program and of every unit is to educate students in the skills they require to participate at a higher level of play.

### **Course Objectives:**

1. Learn high level training/conditioning methods that enhance strength, speed, agility and power.
2. Construct and implement an individualized training program.
3. Learn concepts pertaining to lifestyle choices that enhance athletic performance.
4. Gain an understanding of basic coaching principles that will enhance athletic performance.

### **Course Evaluation (3 Credits)**

The emphasis of the course will be based on agility, flexibility, muscular endurance, muscular strength and overall power. Students will be tested in all of these areas throughout the semester. Results will be based on personal growth and measured against the national standard. In order to achieve and determine student progress in the class there are four components of this course that students will need to complete:

1. Muscular and Endurance Testing-20%
  - Beep Test
  - Balance Test
  - Reach Test
  - T-test
  - Variety of Strength Test
2. Developing a Personal Weight Lifting Program-20%
  - Sport Specific workout that incorporates all emphasis' of the course.
3. Journal Entries-10%
  - Nutrition
  - Test results
  - Monthly self-reflections
  - Work-out logs
  - Personal Weight Lifting Program
4. Effort and Participation-50%

Students need to have appropriate gym strip, a pencil and duotang to record daily achievements, and a water bottle.

## **Physical Education Expectations/Policies & Attendance**

1. As this class is largely activity based, participation/volunteerism is an absolute requirement and will be strictly enforced. **All absences must be reported by a parent or guardian.** Any student who has more than one unexcused absence per unit will receive a substantially lower grade for that particular unit. Any excused absence will either be “omitted” or missed assignments will be made up by the student. Discretion will be determined by the instructor.
2. **Proper gym attire for physical activity is expected at all times.** A change of **shirt, shorts, and shoes is mandatory.** If a full change of clothes is not present by a student, the student will still participate in the activity but will not receive a passing grade for that particular class.
3. Due to a potentially dangerous nature of the gym area and equipment, safety is always a major concern for the Active Living Staff. Come to class ready to follow all rules and procedures. Be respectful, reasonable and motivated!
4. Students are given time to change and be in the gymnasium ready for class attendance from the beginning of class. Students who are late for class will have marks deducted for that day. At the end of each class, students will be allowed to change-out prior to the dismissal bell. Any student who leaves the gymnasium prior to the class dismissal bell, will have marks deducted.
5. The aim of the physical education program is to create a safe and fun environment. We ask that each student participates to the best of their ability in a cooperative and respectful manner both on and off campus.

## **Lockers and Theft Prevention**

Lockers in the physical education change rooms are for class period use only. *Students are responsible for their own locks for class use. Locks and lockers' contents are to be removed after each class.* The change rooms will be locked after attendance is taken for each class. Locks left on lockers after class will be cut off and the contents placed in the lost and found.

**DO NOT KEEP MONEY OR VALUABLES IN THE LOCKERS. KEEP YOUR MONEY AND VALUABLES IN YOUR HALL LOCKERS OR TO BE SURE, KEEP VALUABLES AT HOME!!!**

The Physical Education Staff is not responsible for lost valuables brought into the gymnasium, fitness center or locker rooms. No jewelry is to be worn during physical education classes, intramural or interschool sporting competitions.