

Kinesiology 11

District Name: Yukon Education

Developed by: Carl Repp, Belmont Secondary School, SD #62, British Columbia
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Date Developed: March 2012

School Name: Porter Creek Secondary School

Principal's Name: Brendan Kelly

Department/Authority Approval Date: June 14, 2012

Department/Authority Signature:

Course Name: Kinesiology 11

Grade Level of Course: 11

Number of Course Credits: 4

Number of Hours of Instruction: 120

Prerequisite(s): Science 10

Special Training, Facilities or Equipment Required: Weight Room, Lecture Room, VCR, TV, Video Camera, Sound System

Course Synopsis: This course is designed to expose students with an interest in athletics to explore the science used in developing elite training programs. Students will be given opportunities to develop and implement a performance strategy to help achieve peak performances. Students will also have opportunities to explore various career pathways in the field of sport and recreation.

Organizational Structure:

Unit	Title	
Unit 1	Anatomy and Physiology	20 hours
Unit 2	Fitness Theory	20 hours
Unit 3	Sports Nutrition	20 hours
Unit 4	Sports Psychology	20 hours
Unit 5	Injury Management and Prevention	20 hours
Unit 6	Portfolio - Careers in Athletics, Fitness, Recreation	20 hours
Organizers	Time	Total time
Knowledge and Skills	80 hours	
Practical Experience	20 hours	
Portfolio & Reflection	20 hours	
		120 hours

Unit/Topic/Module Descriptions:

Unit 1: Anatomy and Physiology

Overview:

In this unit, students will be introduced to the anatomy (muscle structure, support systems, cardiovascular system, digestive and nervous systems), and energy systems used during athletic performance.

It is expected that students will:

- : Recognize and identify the major muscles and bones of the body and how they are used in a variety of sports
- : Distinguish between the different muscle types (Type I, II)
- : Name and identify the energy systems used in a variety of sports
- : Recognize how the body acts as a whole during athletic performance

Unit 2: Fitness Theory

Overview:

In this unit, students will learn and demonstrate an understanding of how the various methods of strength training can improve performance in sport.

It is expected that students will:

- : Identify factors affecting Training
- : Identify basic training principles
- : Identify which techniques are better suited for particular sports
- : Design a personal training program suited to their individual sport
- : Identify safe exercise techniques in particular the spine, knee and shoulder

Unit 3: Sports Nutrition

Overview:

In this unit, students will develop an understanding of how nutrition plays a role in peak performance

It is expected that students will:

- : Identify the macronutrients and micronutrients required for the body to function properly
- : Demonstrate an understanding of the importance that the macronutrients, micronutrients and water play in athletic performance.
- : Develop and monitor a personal nutrition plan that is specific for their sport.

Unit 4: Sports Psychology

Overview:

Students will gain an understanding of the psychological factors that affect sports performance.

It is expected that students will:

- : Identify various parts of the brain that are involved in athletic performance.
- : Identify and utilize psychological techniques to improve performance.
- : Monitor and self reflect about the role of sports psychology as it pertains to themselves and their sport.

Unit 5: Injury Management and Prevention

Overview:

Students will learn to identify the symptoms of over training and how to prevent them. Various techniques to treat a variety of injuries will also be covered including Physiotherapy, Chiropractic and Massage.

It is expected that students will:

- : Identify the symptoms of over training
- : Identify and implement a treatment and recovery program for injuries

Unit 6: Portfolio - Careers in Athletics, Fitness, Recreation

Overview:

In this unit, students will reflect on the knowledge, skills and experiences learned in course and relate it to the development of an action plan for post high school transition. Students will research and explore a variety potential career fields. Speakers, field trips, informational interviews and internet research will provide students with a wide range of opportunities.

It is expected that students will:

- : Reflect on personal goals and aspirations related to knowledge, skills and experiences learned in course
- : Explore and research a wide range of athletic related career fields
- : Develop a 3 year action / transition plan
- : Develop an individual “sports / leadership” portfolio for use in transition to post secondary or employment, and application documentation for sports scholarships and bursaries

Instructional Component:

- : Direct Instruction
- : Indirect Instruction
- : Demonstrations
- : Practical Experience
- : Brainstorming
- : Group / Co-op Learning
- : Hand-outs
- : Self-Evaluation Projects
- : Internet Research
- : Guest Speakers

Assessment Component:

SUMMATIVE ASSESSMENT (Assessment for Learning)

- 1) Ongoing portfolio containing visual representations of topics of study in each unit (ex: diagrams of each human anatomical features)
- 2) Individual whiteboards displaying knowledge obtained at the end of each lesson/review at beginning of each lesson
- 3) Self/Peer Assessments
- 4) Graphic Organizers/Mind Maps for each unit of study (6 units)
- 5) Daily diary of personal fitness theory/fitness program for increased sports performance
- 6) Presentations for injury assessment, evaluation and rehabilitation programs
- 7) Reflective Learning Logs – students enter activities, lessons learned, and keep up with weekly reflections of athletic achievement

FORMATIVE ASSESSMENT (Assessment of Learning)

- 1) Formal tests at the end of each unit of study (6 units)
- 2) Personal Project/End of Year Project to demonstrate understanding of all units of study (May be in the form of a presentation or an individual record of achievement of personal athletic goals obtained)
- 3) Final Exam (at the end of the year)

Learning Resources:

Foundations of Kinesiology: Studying Human Movement and Health PETER KLAVORA