

ST. FRANCIS XAVIER CATHOLIC HIGH SCHOOL



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Sports Performance 15 2021-22

HP Hockey 2021-22

September 1, 2021 – June 28, 2022

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Google Classroom Code: zwiph3z

St. Francis Xavier High School acknowledges Treaty 6 territory—the ancestral and traditional territory of the Cree, Dene, Blackfoot, Saulteaux, Nakota Sioux, as well as the Métis. We acknowledge the many First Nations, Métis, and Inuit whose footsteps have marked these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We recognize the land as an act of reconciliation and gratitude to those whose territory we reside on or are visiting.

GENERAL OUTCOMES / COURSE OVERVIEW / ASSESSMENT

INDIVIDUAL MODULES TAUGHT	COURSE NAME	DESCRIPTION	PRE-REQUI SITE	CREDITS	EVALUATION
REC 2120	Coaching 1	Students learn basic coaching skills common to all sports in the areas of planning and delivering a practice, teaching and learning, and mental skills training. Students develop an appreciation for the role of coaches in community recreation programs.	none	1	Assignments /Activities: 100%
REC 3120	Coaching 2	Students learn basic coaching skills common to all sports in the areas of designing a sport program and ethical considerations for coaching. Students develop an appreciation for the roles and responsibilities of coaches in community recreation programs.	Coaching 1	1	Assignments /Activities: 100%



REC 1040	Foundations for Training 1	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 goals for health-related and performance components.	none	1	Assignments /Activities: 100%
REC 1050	Sports Psychology 1	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.	none	1	Assignments /Activities: 100%
HSS 1020	Nutrition and Wellness	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.	none	1	Assignments /Activities: 100%

***Optional Credits:** Students are expected to complete a minimum of 5 course modules. However, interested students are encouraged to take on additional projects to meet the requirements of the optional modules. This will get students additional credits.

A credit is awarded based on successful completion (mark of 50% or better) for each module. Estimated time to complete each module is 25 hours. **No credits will be awarded for a mark less than 50%.** If you score less than 50%, an incomplete will be shown on your report card at the end of the semester. Marks are available through PowerSchool. Each module is listed as its own class.

Fees: n/a

Employability Skills: In anticipation of upcoming changes to the high school report card, the CTS department will also use formative assessment strategies as part of the overall evaluation process. Punctuality, work ethic, time management skills and other job skills will be assessed to encourage a strong entry into the work force.

A wide range of assessment information is used in the development of a student's final grade. At St. Francis Xavier High School, individualized assessments provide specific information regarding student progress and overall performance in class. Student assessment may vary from student to student to adapt for differences in student needs, learning styles, preferences, and paces. It should also be noted that not all assignments are used to determine the final grade, and that scale factors may have been used to determine the weight of individual assignments.

COMPUTER/EQUIPMENT USE:

All students registering at St. Francis Xavier High School are required to sign a document indicating an understanding of the responsible use of a computer within the school. Computer use will be immediately restricted for any student who in fact lacks this understanding.



Students are required to responsibly use school audio video and other equipment in the completion of their assignments in this course and to ensure that they follow all classroom procedures when borrowing equipment. Please consider that subsequent classes need to find and use well maintained equipment, charged batteries etc.

PLAGIARISM

We provide a Catholic education, where the Core Values of dignity, respect, fairness, personal and communal growth, loyalty, and honesty are the framework for all that we do. Within this Catholic education that St. Francis Xavier School provides, one of our main focuses is to encourage and facilitate the pursuit of knowledge and excellence in academics. To ensure that we attain this focus, all students at our school community are expected:

1. to meet the standards of individual integrity outlined in the policy;
2. to practice intellectual honesty in the process of acquiring and extending knowledge by improving their own personal academic competence, critical thinking, and self-evaluation.

Therefore, students who submit work not their own, take or copy answers from another student or source (cheating), provide answers to any assessment to another student (collusion), cheat during examinations, or use unauthorized means to obtain answers or complete work, after investigation by the teacher supervisor, are at risk of the following:

- First offense – May receive a zero for the assessment and a two-day suspension.
- Second offense – May receive a zero for the assessment and a three-day suspension.
- Third offense – May be removed from the class, further suspensions, or possible recommendation for expulsion.

Conditions surrounding the investigation will be considered and each situation will be dealt with on an individual basis. Review of the incident will first be conducted by the teacher and will then potentially involve additional staff (department head), administration, parents and the student(s) involved.

SCHOOL POLICIES

St. Francis Xavier does not publish report cards. Parents and students are encouraged to keep up to date on Power School and contact their teacher if there are any issues.

At St. Francis Xavier, zeros may be administered for incomplete or absent work with the opportunity to rectify the mark with conversation with their teacher.

CELL PHONE POLICY

Cellphones may be used in the classroom by the teacher invitation only. If the teacher deems the device is a distraction to the learning environment, the teacher reserves the right to ask that the phone be put away or to confiscate until the end of the class.

No cellphones shall be on a student's person during an assessment and should be put on mute in their bag. A zero will be awarded if the device was used for cheating.





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