

# ST. FRANCIS XAVIER CATHOLIC HIGH SCHOOL



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## Career and Technology Studies 2021-2022

Sports Performance 25 - 5 Credits

September 1, 2021- June 8, 2022

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Google Classroom Code:

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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	Prerequisite	crdt	Evaluation
NUTRITION FOR RECREATION ACTIVITIES & SPORT	REC 2010	Students explain the role of food and hydration in helping individuals achieve optimal physical performance for recreational physical activities and sport. Students acquire knowledge and skills to plan effectively for nutrition and hydration related to a variety of recreational activities and athletic events. Students examine food labelling and the role of recreation leaders and coaches related to promoting nutrition for performance.	None	1	Assignments/Activities/Quizzes/Exams: <b>80%</b>  Competencies: <b>20%</b>
FOUNDATIONS FOR TRAINING 2	REC 2040	Students demonstrate training and movement principles related to muscular and cardiovascular development as well as the development of speed, agility, quickness, and flexibility. Students apply safe practices when leading and participating in training exercises and activities.	<i>REC1040</i>	1	Assignments/Activities/Quizzes/Exams: <b>80%</b>  Competencies: <b>20%</b>



SPORT Psychology 1	REC 1050	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/Quizzes/Exams: <b>80%</b>  Competencies: <b>20%</b>
COACHING 2	Rec 3120	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 <i>Prerequisite:</i> Coaching 1	Rec 2120	1	Assignments/Activities/Quizzes/Exams: <b>80%</b>  Competencies: <b>20%</b>
LEADERSHIP RECREATION & SPORT	REC 2060	Students learn basic skills and developmental principles for teaching recreation activities and foundational movement concepts to children and youth.	None	1	Assignments/Activities/Quizzes/Exams: <b>80%</b>  Competencies: <b>20%</b>

**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.**

## 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.

## **CLASSROOM POLICY & MISSED ASSESSMENT POLICY (optional for teacher's to add)**

