



Fitness and Conditioning 12

COURSE OUTLINE

This is a self-paced course with an emphasis on healthy and active living through strength training, balance, flexibility, mobility, stability, agility, anaerobic and aerobic capacity, injury prevention, improving performance and body composition. Students will be introduced to a series of training components (Movement Preparation, Pre-Habilitation, Strength and Power, Energy System Development and Regeneration) that will be the basis of their workout routines. Students will learn how to design their own workout programs where they will be asked to chart, evaluate, and redesign their programs as the semester goes on. Students will establish goals for themselves for each of the two phases of the course. Documented hours, activity logs, self-assessment and reflections will be completed following each documented activity. Students will complete a reflection paper at the end of the course to earn credit. The course is designed to be completed within 5 months of registration with **course activation required within the first 15 days**.

*** This course requires a minimum of 60 hours to be supervised/documentated to earn credit.**

EVALUATION (GRADE DISTRIBUTION)

Activation Assignment – Terminology assignment – 10%

Action Plan 1 - Goal Setting + Workout Plan + Reflection + Self-Assessment + Documented Hours - 40%

Action Plan 2 - Goal Setting + Workout Plan + Reflection + Self-Assessment + Documented Hours - 40%

Final Reflection Paper - 10%

- *The first assignment is designed to build knowledge and understanding around terms used in the course*
- *Each Action Plan Phase will require a minimum of 30 hours of documented physical activity to pass*
- *Each Action Plan Phase will last 6 – 9 weeks based on the student's individualized goals*
- *Goal Setting documents and Workout Plans are required for each phase*
- *Each Workout Plan will require a daily workout self-assessment and reflection*
- *Daily workouts are limited to 2 hours per day*
- *To help students with their goal setting and workout plans it is important to meet with the teacher for instruction and feedback*
- *An updated mark will be provided at the end of each submitted Action Plan Phase*

* Any questions regarding the course or course content can be sent via email to:

Teacher: Wally Sawchuk

E-mail: wsawchuk@sd43.bc.ca

Hours: Mondays and Wednesdays from 4:30pm – 9:00pm