

COURSE: Freestyle Ski/Board Academy – Sport Development 11 (HRA-1A)

INSTRUCTOR

Rod Peters
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RECOMMENDED PRE-REQUISITES

Students interested in SD22 academies must meet the requirements for acceptance determined by the Academy Director.

CREDITS

4

OVERVIEW

The Big Ideas, Content, and Curricular Competencies for this course can be found here: [Sport Development 11 Curriculum](#)

BIG IDEAS

Movement awareness and skill development enhance sport specific physical literacy.	Technical and tactical development are an essential part of sport specific training.	Understanding how to develop Sport Specific strength and conditioning training.	Sport Training enhances the understanding and appreciation of the health benefits of physical activity.	Sport cultures value and encourage positive communication, fair play, leadership and teamwork in athletes
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The Freestyle Ski/Board Academy Sport Development 11 course will cover intermediate to advanced levels of theory and practical aspects of freestyle. These courses will focus on the Train to Train and Learn to Compete stages of the Athlete Development Pathway. Components of this course include understanding key components of sport physiology, sport psychology, nutrition, and healthy lifestyles. This program will be delivered under the guidance of a qualified BC Teacher in combination with certified sport-specific coaches. The course will be a combination of online and face-to-face delivery. Students will be expected to complete research, participate in online discussions, complete training logs and periodic reflections, and various other assignments related to their physical and mental development through the online component of the course. Face-to-face training will occur in 2 specified blocks in the timetable under the supervision of the Certified Coach for their sport.

This is a Board/Authority Approved Course - specific to the Sport Academies offered in SD22.

Students/Athletes receive an Active Living 11 course along with this freestyle ski/board specific course taking the academy. Both courses are supported by vLearn.

ASSESSMENT

Students will have the opportunity to demonstrate their learning through a variety of means such as presentations, reflections, peer coaching, and written assignments. Student growth and progress will be shared and communicated using the following weighted breakdown

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Assignments (30%)

Discussion Forums (30%)

Training and Skill Development Reflections (40%)

REGISTRATION

Please see the SD22 Academies [website](#) for further information. Potential academy students must submit an Expression of Interest to be considered for academy courses.



Please note – vLearn is a District Online School and can only serve students in the SD22 Catchment Area. Grade 8/9 students need approval from their home school administrator to take courses with vLearn. Please use your SD22 email address to register (000000@sd22.bc.ca)



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to register](#)