

## COURSE: Nordic Academy – Sport Development 12 (HRA-2A)

### INSTRUCTOR

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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 12](#)

### BIG IDEAS

|                                                                                                 |                                                                                  |                                                                                |                                                                                                                 |                                                                                                        |
|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| Mastery Level movement awareness and skill development enhance sport specific physical literacy | Technical and tactical mastery are an essential part of sport specific training. | Understanding how to master Sport Specific strength and conditioning training. | Sport Training mastery enhances the understanding and appreciation of the health benefits of physical activity. | Sport cultures value and encourage positive communication, fair play, leadership and mastery training. |
|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|

The main objective of the Sport Development course is to provide a formal training program, within the school timetable, committed to academic and athletic excellence. This program is designed to create increased sport specific training and educational opportunities for students committed to excel in their Snowsport. The teachers and coaches involved in this program support student athletes to reach for their personal best by providing them with the opportunity to develop their individual and collective potentials within a competitive environment that fosters skills and fitness improvements, self-esteem, teamwork and enthusiasm for competition and life.

This course will cover intermediate-advanced levels of theory and practical aspects of Cross-Country skiing. This course focuses on the Training to Train, Learning to Compete, and Train to Compete stages of the Long-Term Athlete Development model, which provides elite training for those who want to specialize in one sport and compete at the highest level, maximizing the physical, mental, and emotional development of each athlete. In addition to building on theory and practical components, students will represent themselves as potential candidates for provincial team tryouts, future post-secondary scholarships and or elite level Nordic teams. Students will also develop their personal goals and a plan on how to achieve/track them. Other components of this course include understanding key components of sport psychology, nutrition, fitness, strength training and healthy lifestyles. This program will be delivered under the guidance of a qualified BC Teacher in combination with professional certified ski coaches.

Sport development courses will support the student athlete's connectedness to their sport, teammates, coaches, and the larger community. The course will also encourage the development of positive relationships for student athletes with each other, their coaches, and teachers. For many high school aged athletes their sport becomes a

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significant contributor to their personal and collective identity. An additional component that supports responsive schooling is taking the classroom outside for engagement with the land and nature. Running these sport development courses in the common timetable allows flexibility in scheduling and grouping with a positive learner-centered approach that is experiential. The local focus engages the sport community and makes them a part of the learning environment and helps students access their resources. Sport Development courses put the teacher in a positive role supporting students that are engaged and growing while pursuing a passion.

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

Students/Athletes receive an Active Living 12 course along with this alpine ski specific course taking the academy. Both courses are supported by vLearn.

### **ASSESSMENT**

Students will be graded related to their online coursework and sport specific training based on the following components:

Assignments, Quizzes, Discussion Forums, Leadership/participation, Reflection and Planning, Training Summaries, Skier Self Assessments, and On Snow Evaluations.

In the Snowsports Academy for Nordic you will be expected to participate in the weekly ski program as well as complete the online tasks for this course which include.

- Assignments
- Discussion Forums
- Reflection and Planning
- Self-Assessments
- On Snow Evaluations

Your course grade will be weighted as follows:

| <b>Activity</b>             | <b>Percentage of Final Grade</b> |
|-----------------------------|----------------------------------|
| Assignments and Quizzes     | 50%                              |
| Online Discussion Forums    | 25%                              |
| Goal Setting and Reflection | 25%                              |

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### **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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