

COURSE: Sport Development 10 (HRA10)

INSTRUCTOR

Rod Peters
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RECOMMENDED PRE-REQUISITES

Students interested in Sport Development should meet with the instructor prior to enrollment to confirm their sport activity qualifies for credit.

CREDITS

4

OVERVIEW

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

BIG IDEAS

Movement awareness and skill development enhance physical literacy and learning potential.	Technical and tactical development are an essential part of sport specific training.	Improved strength and conditioning support athletic development.	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 Sport Development 10 course will cover intermediate to advanced levels of theory and practical aspects of sport. 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 consultation with certified sport-specific coaches. The course will be delivered online. 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 under the supervision of the Certified Coach for the student's sport.

This is a Board/Authority Approved Course.

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

Assignments (30%)

Discussion Forums (30%)

Training and Skill Development Reflections (40%)

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REGISTRATION

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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