

COURSE: Freestyle Ski/Board Academy – Sport Development 12 (HRA-2A)

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 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.
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The Freestyle Ski/Board - Sport Development 12 course will cover advanced levels of theory and practical aspects of sport. These courses will focus on the Learn to Compete stages of the given Sport Governing Bodies Athlete Development Pathway. These courses follow a “whole athlete” approach that provides progressive development in a sport specialization for those who want to compete at the highest level, maximizing physical, mental and emotional development. In addition to building on theory and practical components, students will develop leadership and coaching skills. Students will be expected to be team leaders for the younger students while also exploring mastery-level skill, techniques and tactics to rise to the top of their potential. Students will also help to develop group training goals and track them through frequent reflection and discussion with professionally trained coaches. SD22 students will be leaders in sharing and modelling 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 qualified coaches. Students will be expected to complete research, lead discussions, complete training logs and periodic reflections, and various other assignments related to their physical and mental development as mastery-level athletes and mentors. Face-to-face training will occur both during the timeframe of the school day and possibly outside of the school timetable. Students will demonstrate Mastery level learning related to their coursework and sport-specific training based on the following components: Planning, Self-Reflection, Assignments, Discussions, Leadership and Physical Participation.

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 freestyle ski/board specific course taking the academy. Both courses are supported by vLearn.

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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%)

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](#)