

PE – Fitness, Conditioning and Sports Performance

Purpose: This course is designed to get the most out of your talents during your sports season. Whether you participate in team sports such as Hockey, Baseball, Football, Soccer or individual sports like Dance, Golf, Motocross, Rodeo there is always a way to improve. This course will work with what you already do, as well as teach you new and exciting strategies that will make you more physically, mentally and emotionally effective in your field of play, whatever that may be.

The theory in this course will cover how to plan to succeed, basic human anatomy and physiology, the safety, etiquette and technique of sports specific training, proper ways to measure your current fitness levels and what they mean, the principles of training you need to follow in order to achieve your goals, proper diet and nutrition, basic sport psychology and how to draw on your social responsibilities and leadership skills.

Course sections and basic outline

1. **Using Sports Journals Effectively** – reflecting on past competitions, practices and workouts is something used by all professional athletes in order to improve performance. We see and hear on TV that players have been watching lots of film or have brought in special coaches. However, many amateur athletes like you, rarely take the time to participate in such reflections. When amateur athletes do take the time to reflect, they haven't any written data to base their assessment on. For example, a hockey goalie thinks that his weakness is his glove side. What does he do? He makes a conscious effort to really concentrate on making more saves glove side in practice. He doesn't actually look at statistics showing where most of the goals are going in on him. He doesn't make a list of drills he can do in order to work on his glove side. He doesn't create an exercise plan that can help quicken his glove side. This section of the course will not only help you learn how to reflect on past performances, but it will also teach how to use those reflections in the planning process for future practice.
2. **Effective Goal Setting and Proper Follow Up** – Setting SMART goals is crucial to having success. Goals need to be Specific, Measurable, Attainable, Realistic and Timely. Using these principles will make it possible to make goals and achieve those goals. It can be very frustrating to have goals that you can never meet or goals that don't really mean anything to you. These frustrations can decrease motivation to train hard and work hard in practice. This frustration can also reduce your confidence causing your performance during competition to suffer. This section will teach how to set your goals properly, and how to utilize support systems, which will ultimately reward you with a sense of satisfaction when you achieve your goal(s).

3. **Human Anatomy and Exercise Physiology** – The human body is an amazing thing. It has 206 bones, 600+ muscles, 300+ joints and millions of cells that all work together to help you perform your specific sport. Everything from jumping for a fly ball to rotating your shoulder joint while performing the back stroke requires the human body to work in unison. Understanding human anatomy is very important when it comes to sports performance. It allows you to narrow and specify which muscles that need to be strengthened in order to become better at a certain skill. Understanding human physiology is very important because it allows you to understand why we must train differently for a sport like football than a sport like soccer. Training the proper energy system for your sport is the difference between winning and losing in many respects. It also helps you understand why we need to manage our bodies differently depending on what our goals are.

4. **Fitness Assessment** – When a mechanic is building a drag car they are constantly running tests on the car, every time they change something they need to test it in order to make sure the car is getting faster. It wouldn't make much sense to add something to a drag car if it's going to slow it down. When it comes to fitness assessment you are doing the same thing with your body. You need to test your body periodically to make sure that you are getting better, stronger, and faster or whatever your goal is. It is simply not good enough to just assume that you are getting better, you need to measure it. By combining your understanding from the previous human anatomy and physiology section with the knowledge you gain in this section you will understand which tests to use, what they are measuring and why you are doing them.

5. **The Principles of Training** – When training for sports it vital to keep specific principles in mind. Without using these principles as a guide you can become lost in your training and your performance can suffer. Learning to use the F.I.T.T. principle will allow you to make educated decisions when it comes to training. Learning and using specific principles can help to make sure you are constantly making gains and not over training, in order to properly prepare for competition.

6. **Safety and Proper Exercise Technique** – Training for your sport needs to be done in a safe manner. There is no use training really hard for a performance only to be injured when the time comes to perform. Taking proper safety precautions, like warming up when training, is paramount to making sure you are ready to perform at your best. Having good exercise technique is also very important. Having a full range of motion, proper posture, good tempo and proper breathing while performing weight training exercises will help increase your ability on the playing field. It is also important to understand how to use different types of fitness equipment and how to act when using a fitness facility. This section of the course will help broaden your tool belt when it comes to training for sports both on the playing field and in the gym.

7. **Proper Sports Nutrition for Different Scenarios** – The city bus has a job. It needs to get passengers from one end of the city to another. People depend on it performing this task. However if the bus hasn't any fuel then it cannot run, it doesn't matter how nice a bus it is, how much work a mechanic put into preparing it for its job, it just can't do it. Your body is the same way. If you do not properly fuel your body the results can be performance robbing and in some cases catastrophic. You need to eat and you need to eat different foods depending on what your goal is or what situation you are in. For example, you need to eat much differently the night before competition than you do immediately after competition

8. **Sport Specific Program Design** – The actual design and implementation of a sport specific of a training program or a sport specific meal plans can be daunting. When designing a program you need to be sure that you are planning it with your specific competition dates and goals in mind. You also need to make sure that physiologically you are doing the right things for your body. You need to design a program so that you are peaking at the right time. It needs to include proper rest periods and proper adaptations to fit with your sport. It must utilize the principles of training, knowledge of human anatomy and physiology, and the use of proper exercise safety and technique. In this section you will design and implement both an in-season and an off-season workout regime.

9. **Community Involvement** – Cross training is a great way to do new things and stay in shape for your sport. Using your community helps build you social responsibility skills, leadership skills and fitness level all at the same time. This section will require you to complete 4 different community based activities, like yoga, mma training or mountain biking, to help stay in shape for your sport.

Course Mark Breakdown

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| 1. Coach's Sheet and Athlete Summary | 5% |
| 2. Performance Journal | 35% |
| a. Competition | |
| b. Practice | |
| c. Workouts | |
| d. Diet | |
| e. Mood | |
| 3. Assignment Portfolio | 35% |
| a. Completed assignments 20% | |

- b. Quizzes 15%
- 4. Program Design Major Project **20%**
- 5. DPA documentation **5%**