



# SENIOR HIGH SCHOOL SPORTS TRACK

CONTENT, CAREER PROSPECTS AND PROFESSIONAL PREPARATION



# PRECURSOR

- SPECIAL PROGRAM IN SPORTS (SPS) IN JUNIOR HIGH SCHOOL
- CURRICULAR COMPONENT: (1) ANATOMY AND BIOMECHANICS, (2) EXERCISE PHYSIOLOGY AND METHODS OF CONDITIONING, (3) SPORTS NUTRITION AND INJURY, AND (4) PSYCHOSOCIAL ASPECTS OF SPORTS
- CO-CURRICULAR COMPONENT: (1) SPORT TRAINING, (2) CONDITIONING, (3) COMPETITION AND (4) RECOVERY

# PARADIGM SHIFT

- IN SYNERGY, PROVIDE THE FOUNDATION FOR (1) POSITIVE ADJUSTMENT AND COPING WITH SPORT AND ACADEMIC DEMANDS, AND (2) SPORTS PERFORMANCE GROUNDED ON SCIENTIFIC TRAINING, CONDITIONING AND ADEQUATE RECOVERY
- ACHIEVE SCHOOL-SPORT BALANCE
- DEVELOP LIFE SKILLS (GOAL-SETTING, STRESS AND TIME MANAGEMENT); PROVIDE GUIDANCE AND COUNSELING; TIMELY ACADEMIC TUTORIALS AND MENTORING IN COMMUNICATION SKILLS
- DEVELOP ATHLETIC ABILITIES RATHER THAN EXCLUSIVE FOCUS ON COMPETITION OUTCOME (I.E. WINNING)

# TWENTY-FIRST CENTURY SKILLS

- (1) LIFE AND CAREER, (2) EFFECTIVE COMMUNICATION, (3) LEARNING AND INNOVATION, (4) INFORMATION, MEDIA AND TECHNOLOGY
- READINESS FOR ANY SHS TRACK AND COMPLETING IT
- CURRENT SITUATION OF STUDENT-ATHLETES: (1) PRIORITIZE ATHLETIC PURSUITS AT THE EXPENSE OF LEARNING AND EDUCATION, (2) ACADEMIC CONCESSIONS, (3) ACADEMIC DIFFICULTIES, (4) DROP OUT OF SPORT

# BUILDING ON THE SPS

- SPS OBJECTIVES: (1) FACILITATE SCHOOL-SPORT BALANCE, (2) SENIOR HIGH SCHOOL-READY, AND (3) ENHANCE ATHLETIC ABILITIES
- PROGRESSION OF COURSES FROM SPS TO SPORTS TRACK

## SPS LEARNING STRANDS

1. HUMAN ANATOMY AND BIOMECHANICS
2. EXERCISE PHYSIOLOGY AND METHODS OF CONDITIONING
3. NUTRITION AND INJURY IN SPORTS
4. PSYCHOSOCIAL ASPECTS OF SPORTS

## SPORTS TRACK COURSES

1. HUMAN MOVEMENT
2. FITNESS TESTING AND BASIC EXERCISE PROGRAMMING
3. SAFETY AND FIRST AID
4. PSYCHOSOCIAL ASPECTS OF SPORTS AND EXERCISE
5. SPORTS OFFICIATING AND ACTIVITY MANAGEMENT
6. FUNDAMENTALS OF COACHING
7. PRACTICUM (IN-CAMPUS)
8. APPRENTICESHIP (OFF-CAMPUS)

# SPORTS TRACK CAREER OPPORTUNITIES

- SPORTS TRACK: A CAREER PATHWAY AS OPPOSED TO A SPECIFIC JOB; ALLOWS THE LEARNER TO PURSUE MANY DIFFERENT JOBS WITHIN A SPECIFIC AREA
- FITNESS AND EXERCISE-RELATED CAREERS IN COMMUNITY, COMMERCIAL AND WORKSITE/ CORPORATE SETTINGS: EDUCATE AND PROVIDE ACCESS TO MEANS THAT INCREASE FITNESS, PHYSICAL ACTIVITY LEVELS AND GAIN HEALTH BENEFITS
- (1) TEACH CLIENTS TO USE VARIOUS PIECES OF EXERCISE EQUIPMENT, (2) SUPERVISE THEIR WORKOUTS, (3) LEAD GROUP EXERCISES, (4) INSTRUCT IN RECREATIONAL PURSUITS AND (5) IN FIRST AID
- SPORTS CAREERS: (1) MANAGE SPORTS ACTIVITIES (SCHEDULING, PUBLICIZING, OFFICIATE) AND (2) FACILITIES; (3) ASSIST THE COACHING STAFF, AND (3) PERFORMER (I.E. ATHLETE)
- THE PROSPECT OF HIGHER EDUCATION




## HUMAN MOVEMENT: ORIGIN, CONTROL AND LEARNING OF MOTOR SKILLS APPROPRIATE FOR VARIED NEEDS AND SKILL LEVELS

1. ASSESS MOVEMENT (ADMINISTER MOVEMENT SCREEN;  
INTERPRET AND RELATE RESULTS TO CURRENT  
PERFORMANCE)
2. EXPLAIN THE DIFFERENT THEORIES OF MOTOR  
CONTROL AND LEARNING
3. APPLY THEORIES FOR AN EFFICIENT AND EFFECTIVE  
PERFORMANCE



## FITNESS TESTING AND BASIC EXERCISE PROGRAMMING: ADMINISTRATION OF TESTS AND PROGRAMS FOR PHYSICAL FITNESS AND PERFORMANCE-ENHANCEMENT

1. IMPLEMENT FITNESS TEST PROTOCOLS
  2. EVALUATE TEST RESULTS
  3. USE TEST RESULTS IN GOAL-SETTING, PROGRAM  
DESIGN AND MONITORING PROGRESS
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# SAFETY AND FIRST AID: INJURY PREVENTION AND ADMINISTRATION OF FIRST AID

1. IDENTIFY WAYS OF SAFEGUARDING PHYSICAL ACTIVITY PARTICIPANTS FROM POSSIBLE INJURIES THROUGH ASSESSMENTS OF (A) SKILL READINESS, (B) HEALTH AND FITNESS CONDITIONS, (C) THE ENVIRONMENT.
2. RECOGNIZE SIGNS AND SYMPTOMS OF INJURIES AND PROMPTLY PERFORM FIRST AID
3. PERFORM APPROPRIATE AND CORRECT PROCEDURES FOR DISASTER AND EMERGENCIES IN SPORTS, EXERCISE AND RECREATIONAL SETTINGS
4. ACQUIRE FIRST AID CERTIFICATION

# PSYCHOSOCIAL ASPECTS OF SPORTS AND EXERCISE: INDIVIDUAL AND SOCIAL FACTORS INFLUENCING PARTICIPATION, PERFORMANCE, ADHERENCE AND WELL- BEING IN SPORTS AND EXERCISE

1. USE MOTIVATIONAL STRATEGIES TO ENCOURAGE SPORTS AND EXERCISE PARTICIPATION
2. DESCRIBE DIFFERENT STRATEGIES IN REGULATING AROUSAL, COPING WITH STRESS AND ANXIETY FOR BETTER SPORTS PERFORMANCE AND EXERCISE PARTICIPATION
3. RECOGNIZE THE SYMPTOMS OF BURNOUT AND OVERTRAINING AMONG SPORTS AND EXERCISE PARTICIPANTS
4. DISCUSS EFFECTIVE COMMUNICATION FOR GROUP COHESION
5. COMPLETE A PORTFOLIO ON THE PSYCHOLOGICAL BENEFITS OF REGULAR SPORTS AND EXERCISE PARTICIPATION







## SPORTS OFFICIATING AND ACTIVITY MANAGEMENT: PRINCIPLES AND MECHANICS OF OFFICIATING, AND THE MANAGEMENT OF FITNESS, SPORTS AND RECREATION EVENTS


1. EXHIBIT THE CHARACTERISTICS OF A GOOD SPORTS OFFICIAL
2. INTERPRET RULES OF THE SPORT
3. ACQUIRE CERTIFICATION IN OFFICIATING
4. IDENTIFY THE ELEMENTS OF AN EVENT PLAN AND ASSESS THE FEASIBILITY OF A SPORTS/FITNESS/RECREATION EVENT
5. IMPLEMENT THE EVENT PLAN

## FUNDAMENTALS OF COACHING: BASIC CONCEPTS AND PRINCIPLES OF COACHING

1. DESCRIBE THE CHARACTERISTICS OF AN EFFECTIVE COACH
  2. EXPLAIN THE ETHICS OF AND PROFESSIONAL STANDARDS IN COACHING
  3. DISTINGUISH THE VARIOUS COACHING STYLES
  4. RECOGNIZE APPROPRIATE COACHING BEHAVIORS
  5. UTILIZE PROPER COMMUNICATION TECHNIQUES IN COACHING
  6. IDENTIFY DOCUMENTATION STRATEGIES IN MONITOR ATHLETIC PERFORMANCES
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# FITNESS, SPORTS AND RECREATION LEADERSHIP: CONDUCT OF SAFE AND EFFECTIVE PROGRAMS IN EXERCISE, SPORTS AND RECREATION

1. DESIGN AN EXERCISE PROGRAM FOR A LOW-RISK INDIVIDUAL OR GROUP
  2. DEMONSTRATE SAFE AND EFFECTIVE EXERCISE/SPORTS TECHNIQUES
  3. USE APPROPRIATE CUES, MOTIVATION AND FEEDBACK WHEN GIVING EXERCISE INSTRUCTION/ DEMONSTRATING A SPORTS TECHNIQUE
  4. IDENTIFY EXISTING SPORTS AND RECREATION PROGRAMS
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# PRACTICUM AND APPRENTICESHIP: HANDS-ON EXPERIENCE IN- AND OFF-CAMPUS ON STUDENT- ATHLETE ENHANCEMENT, PRACTICE COACHING OR OFFICIATING, OR FITNESS/SPORTS/RECREATION EVENT MANAGEMENT

## STUDENT-ATHLETE ENHANCEMENT:

- ASSESS PERFORMANCE FOR GOAL-SETTING PURPOSE
- DESIGN A PERSONAL TRAINING PROGRAM
- APPLY PSYCHO-SOCIAL TECHNIQUES TO ACHIEVE SCHOOL-SPORT BALANCE
- IMPROVE ON PERSONAL BEST PERFORMANCE

## PRACTICE COACHING:

- ARTICULATE PERSONAL COACHING PHILOSOPHY
- ASSIST COACH IN IMPLEMENTING TRAINING PROGRAM
- RECORD GAME STATISTICS AND OBSERVATIONS OF COMPETITORS' STRATEGIES AND TACTICS
- OBSERVE SAFETY PRACTICES



# PRACTICUM AND APPRENTICESHIP: HANDS-ON EXPERIENCE IN- AND OFF-CAMPUS ON STUDENT- ATHLETE ENHANCEMENT, PRACTICE COACHING OR OFFICIATING, OR FITNESS/SPORTS/RECREATION EVENT MANAGEMENT

## OFFICIATING AND TOURNAMENT MANAGEMENT:

- OBSERVE ETHICAL AND PROFESSIONAL BEHAVIORS WHILE OFFICIATING
- COMMUNICATE EFFECTIVELY
- IMPLEMENT A TOURNAMENT PLAN
- CONDUCT A POST-EVENT EVALUATION

## FITNESS/SPORTS AND RECREATION LEADERSHIP:

- CARRY OUT FITNESS ASSESSMENTS
  - IMPLEMENT A FITNESS PROGRAM (FITNESS LEADER)
  - MANAGE AN EXISTING SPORTS AND RECREATION PROGRAM (SPORTS AND RECREATION LEADER)
  - IDENTIFY EMERGING TRENDS IN SPORTS, FITNESS AND RECREATION
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# PHYSICAL EDUCATION, EXERCISE AND SPORTS SCIENCES

- TRADITIONALLY, PE REFERS TO (1) THE TEACHING OF SPORTS, EXERCISE AND DANCE IN THE SCHOOL SETTING, AND (2) A CURRICULAR SUBJECT THAT EMPHASIZES ENJOYABLE PARTICIPATION IN PHYSICAL ACTIVITIES AND HELPS STUDENTS DEVELOP THE KNOWLEDGE, ATTITUDES, MOTOR AND BEHAVIORAL SKILLS, AND CONFIDENCE NEEDED TO IMPROVE PHYSICAL FITNESS AND ADOPT AND MAINTAIN PHYSICALLY ACTIVE LIFESTYLES
- (1) ART AND SCIENCE OF HUMAN MOVEMENT; (2) FITNESS AND SPORT EDUCATION; (3) AN ACADEMIC DISCIPLINE THAT INVESTIGATES THE MEANING AND IMPACT OF PHYSICAL ACTIVITIES ON PEOPLE AND CULTURE

# SPORTS TRACK CAREER OPPORTUNITIES

- PROSPECT OF HIGHER EDUCATION
- HIGHER LEVEL OF COMPETENCY, INCREASING SPECIALIZATION AND EXPANSION OF CAREER OPPORTUNITIES
- INTEREST IN PREVENTIVE MEDICINE/WELLNESS; GREATER PUBLIC AWARENESS OF THE BENEFITS OF PHYSICAL ACTIVITY; INCREASED CONSUMER PARTICIPATION AND SPECTATORSHIP IN FITNESS, SPORTS AND RECREATION; INCREASING LEVELS OF COMPETITIVENESS AND ATHLETIC PERFORMANCE

# PROFESSIONAL PREPARATION

- CONSUMERS/PUBLIC TURN TO AN EXPERT WHO WILL HELP THEM MAKE THE RIGHT CHOICES
- AN EXPERT (1) HAS FULFILLED THE EDUCATIONAL, ETHICAL, EXPERIENCE AND EXAMINATION REQUIREMENTS, AND (2) PURSUES CONTINUING PROFESSIONAL DEVELOPMENT TO ENSURE THAT EXPERTISE REMAINS CURRENT
- PROFESSIONAL CURRICULA IN PE, EXERCISE AND SPORTS SCIENCES
- CAREERS: (1) TEACHING AND COACHING, (2) FITNESS AND EXERCISE SETTINGS; (3) SPORTS MANAGEMENT AND COMMUNICATION IN A VARIETY OF SETTINGS (SCHOOL, COMMUNITY, COMMERCIAL AND WORKSITE OR CORPORATE)