



CENTENNIAL REGIONAL HIGH SCHOOL

COURSE OUTLINE

Subject: Team Sports

Level: Secondary 4 (2 on 9)

Course Description:

This course is designed to increase awareness of the importance of health-related physical activity through team sports. Students will develop excellent social, physiological, and psychological habits involved in team activities to promote a healthy lifestyle for the future.

Program Outline:

- 1) This course will offer educational activities that will ensure the acquisition of skills, knowledge, methods, and concepts related to a wide variety of team sports. They will learn to play these sports more effectively while focusing on skills and gaining an understanding of key strategies.
- 2) Students will develop an overall understanding of health through physiology, nutrition, and psychology of team sports.
- 3) Students will develop leadership skills through both classroom and extracurricular activities involved with team sports, such as: refereeing, coaching, and managing.
- 4) Students will gain an advanced understanding of the organization of elite sports while attending higher level events and acquiring various certifications for coaching and refereeing.
- 5) Students will gain and maintain a high level of sport-specific physical fitness through monitoring regular exercise and creating advanced training programs.
- 6)

SPORTS	# of Classes
Soccer	3
Rugby	3
Lacrosse	3
Floor Hockey	3
Basketball	3
Volleyball	3
Ultimate Frisbee	3
Weight Training/ Fitness	3
Handball	3
Tchoukball	3
Flag Football	3
Softball	3

UNIFORM AND MATERIALS:

Running Shoes or Court Shoes
T-Shirt -Burgundy
Shorts - Black

Evaluation:

Term Evaluation Scheme:

20%- Written Assignments
20%- Fitness
20%- Sport-Specific Skill
20%- Game-play Observations/ Group work
20%- Participation/ Leadership Activities

**Please note that every student is responsible for ALL classes missed and is required to communicate with their teacher ASAP for any work, information, and notes.*

***Please refer to the Faculty & Staff Directory at <http://www.crhs.rsb.qc.ca/> for your teacher's email/website address*

Revised: July 2022

