COUNCIL ROCK SOUTH
Exercise Physiology and Sports Science

COURSE DESCRIPTION:
This elective course is designed for students who wish to participate in an advanced physical education experience that emphasizes competition, challenge, leadership skills and alternative physical education type activities. Students will also receive instruction in basic anatomy and physiology and learn how to apply this knowledge to their performance in physical activities, as well as their personal fitness programs. In addition, students will explore various coaching techniques and strategies to help establish their own philosophy of coaching.

Fitness Assessment
Developing lifetime fitness will increase the quality and length of your life

Coaching Techniques
Proper coaching and guidance lead to greater success and safety in athletics

Advanced Leadership Activities
Leadership skills enhance one's ability to take on new challenges with enthusiasm and confidence to lead a better life.

Team Sports
Team Sports help students and athletes to work together in an effort to achieve a common goal through healthy competition.

Lifetime Sports
Lifetime sports provide an opportunity for any individual to engage in physical activities that are challenging, competitive and fun. Lifetime sports also promote physical fitness and social interactions that can be carried on for a lifetime.

Injury Prevention
An understanding of basic athletic training principles and sports related injuries is helpful in reducing sports injuries and the recovery time of these injuries.

Conditioning Activities
Conditioning activities are essential for optimal performance in athletics and personal fitness training.

Sports Nutrition
Students that participate in physical activity require balanced nutrition for optimal performance and prevention of injuries. This knowledge can give the body the fuel it needs to function, grow and repair itself properly.

Basic Anatomy and Exercise Physiology
To develop and maintain a high level of physical fitness and athletic performance, a basic knowledge of muscle anatomy and exercise physiology is essential for optimal performance.
I hear and I forget, I see and I remember, I do and then I understand.

-Confucious

Exercise Physiology Grading Criteria

Skill Evaluation (25 %)

1. Methods of this evaluation may include an objective or subjective evaluation and / or project.

Knowledge Evaluation (25 %)

1. The method of this evaluation may include written papers, tests, or projects to display their knowledge portion of the class.

Participation Evaluation (50 %)

1. General expectations of the class are:
   A. Students will be prepared for class
   B. Students will participate to the best of their abilities
   C. Students will demonstrate a positive attitude toward learning

You see things; and you say 'Why?' But I dream things that never were; and I say 'Why not?'

~ George Bernard Shaw