



Loyola

HIGH SCHOOL

Secondary 3 & 4 Exercise Science

Course Outline

Teacher: Mr. Plimer

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Description

Exercise science is a discipline that studies the application of scientific principles and techniques with the aim of improving athletic performance.

The study of exercise science traditionally incorporates areas of exercise physiology, psychology, motor control and biomechanics, but also includes other topics such as nutrition and performance analysis.

This course will contain both practical and theoretical content, require both classroom and gymnasium/field/track/weight room time, have cross-curricular benefits in science, math, P.E., and media, as well as incorporating a focus on leadership and mentoring.

An interest in playing sports alone will not be enough to do well in this course.

All skills and knowledge learnt in this course will be transferrable to other sports and will also promote healthy lifestyle habits.

Course Summary

Theory:

- Biomechanics
- Muscular-skeletal system
- Energy systems
- Nutrition
- Human growth and development
- Injury management and prevention
- Developing athletic potential



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Practical:

Principles of training
Weight training and periodisation
Biomechanics
Fitness testing
Video analysis
Leadership, mentoring and coaching

Evaluation

- One of each per term

- 1) Theory test or Written work (20% of grade)
- 2) Video assignment (30% of grade)
- 3) Participation and improvement (50% of grade)

- Term 1 (20%)
- Term 2 (20%)
- Term 3 (60%)

Other information

- Physical participation in this course is essential for students to pass
- Outside sporting commitments must not influence participation in any way
- Any injuries **MUST** be accompanied with a note from parent/s. Most often, a modified workout will be prescribed, unless total rest (e.g. concussion) is required
- Students must attend all classes in their LHS physical education clothing
- iPads required upon request