



Loyola

HIGH SCHOOL

Exercise Science

Secondary 3 and 4

Mr. Seccareccia

Contact

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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. It 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 incorporate 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 learned in this course will be transferrable to other sports and will also promote healthy lifestyle habits.

Course Summary

- 1) Theory:
 - Biomechanics
 - Musculoskeletal system
 - Energy systems
 - Nutrition
 - Human growth and development
 - Injury management and prevention
 - Sports psychology

2) Practical:

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

3) Evaluation:

- Tests and written work – 20%
- Video assignment – 30%
- Participation and improvement – 50%

*Note: this mark breakdown is not final and is subject to change.

- Term 1: 20% of the year
- Term 2: 20% of the year
- Term 3: 60% of the year

Other Information

Physical participation in this course is essential for a passing grade.
Outside sporting commitments must not influence participation in any way.
Any injuries must be accompanied with a note from a parent. More often than not, a modified workout will be prescribed, unless total rest (e.g. concussion) is required.
Students must attend in their LHS physical education clothing.
iPads required upon request.