



# Loyola

## HIGH SCHOOL

### Secondary 5 Exercise Science

Ms.Mongeon	<a href="mailto:mongeona@loyola.ca">mongeona@loyola.ca</a>	Office hours: Scheduled upon request
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**Description:**

The overarching goal of this course is to foster an enthusiasm for practicing healthy habits and reinforcing various training principles, methods and proper movement patterns. Content from various disciplines of science will be incorporated to provide a well-rounded approach to improving overall fitness. These topics may include the relationship between exercise, recovery and sleep on the human body, the benefits of sports psychology tools to enhance performance, programming strategies that support personal goals, and implementing simple nutrition hacks.

All skills and knowledge learnt in this course are transferable to maintaining an active lifestyle, preventing injury and promoting general well-being. This course caters to all levels. An interest in sports alone will not be enough to find success. Participation is a must, with attention to progress in technique and quality movement patterns. Students are encouraged to maintain a degree of openness in trying different workout methods, activities or tasks that may be outside of their current comfort zone or normal routine. In trying all the tools available, an individual can more effectively experience the benefits of exercise.

Improvements in mobility, strength, power and cardiovascular endurance are definite, should students approach every workout session with effort.

**Equipment Needed:**

- Skipping rope (speed wire preferred)
- Resistance band (purple)
- Water bottle
- Small towel (optional but recommended)
- Lacrosse ball (optional but recommended)

\*\*These items **ARE NOT** sold in the school store. You can purchase on your own, or place an order with your teacher in September\*\*

**Topics may include, but are not limited to:**

<ul style="list-style-type: none"><li>● Cardiovascular vs. strength training and the body</li><li>● Muscle groups and targeted exercises</li><li>● Tracking progress</li><li>● Training Programming strategies</li><li>● Workout protocols: HIIT and Tabata</li><li>● Plyometrics and agility training</li></ul>	<ul style="list-style-type: none"><li>● Nutrition, Supplementation and Hydration</li><li>● Rest and Recovery</li><li>● Injury prevention (mobility/stretching/yoga)</li><li>● Developing athletic potential (strength, conditioning, core stability)</li><li>● Sport psychology</li><li>● Values in sport and coaching</li></ul>
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**Practical knowledge:**

- Baseline fitness testing
- Movement techniques and progressions
- Effective warm- up and cool-down routines
- Programming workouts for personal goals
- Video analysis (identifying faults/adjustments)
- Mindset and goal setting skills
- Implementing changes to current nutrition

**Evaluations:** \*subject to be modified, through consultation with students\*

a) Minor assignments (min. 2-4 per term) **(15% of grade)**

- 1) Short demo or workout videos
- 2) Reflections and identifying goals
- 3) Mini google slide presentations

b) Major assignments (min. 2 per term) **(35% of grade)**

- 1) Written assignments
- 2) Reading and responding to sports articles
- 3) Podcasting assignments (individual and partner)

c) Participation **(50% of grade)**

- 1) In- class training sessions
- 2) At home workouts

**Term 1 (40%)**

**Term 2 (60%)**

**Important Expectations:**

- **Participation:** participation is **essential** to achieving a passing grade. Participation includes completing workouts (in class and online) to the best of one's ability, putting away equipment and maintaining the space, meeting assignment deadlines and responding appropriately to teacher feedback.

- **Injury:** If a student is injured, he is responsible for contacting the teacher in advance of the next class. If he can still participate, the teacher will modify the exercises to support his ongoing fitness. If the injury prevents all participation, a doctor's note is required. The student will then be assigned alternate coursework for the period(s) affected.
- **Dress code:** Gym uniform, including proper running shoes. (T-shirts should have sleeves, and no shoes NO ENTRY into the weight room)
- **Behaviour:** Students must follow the safety guidelines inherent to this space. Weight room access is a privilege that can be taken away; any student who acts irresponsibly by placing himself or others in danger will be given coursework in lieu of class training sessions.