



CEGEP CHAMPLAIN
ST. LAWRENCE
CHAMPLAIN REGIONAL COLLEGE

**PHYSICAL EDUCATION DEPARTMENT
FALL 2010**

Title:	Athletic Excellence and Effectiveness	Teacher:	Mike Labadie
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Pre-requisites:	None		

MINISTERIAL COMPETENCY (4EP1)

To improve effectiveness when practicing a physical activity.

LEARNING OBJECTIVES

Upon completion of this course, students will be able *to use a process to improve one's effectiveness in the practice of a physical activity*. To this end, students are encouraged to use a goal-oriented approach to improve the effectiveness of a physical activity whether it is a sport, corporal expression or an outdoor activity. After an initial assessment, students evaluate the physical activity in terms of their ability and attitudes; they set goals and try an approach aimed at improving their motor skills, their technique or their mastery of complex strategies. Finally, students are called upon to assess their progress. "In Athletic Excellence, your specific sport " will be used as a means of achieving this end.

Following this course, students will be able to (*Performance Criteria*):

1. Carry out the initial assessment of abilities and attitudes when practicing a physical activity
2. Formulate a statement of expectations and needs with respect to the ability to practice the activity
3. Provide appropriate formulation of personal objectives.
4. Devise a statement of the means to achieve the objectives
5. Use clear arguments to explain the choice of physical activity
6. Respect for the rules of the physical activity (course activity)
7. Respect for the rules of ethics and safety regulation (course activity)
8. Incorporate the appropriate use of quantitative and qualitative physical evaluation strategies of motor skills
9. Formulate periodic statement of abilities and attitudes when practicing a physical activity.
10. Develop a meaningful interpretation of the progress achieved and the difficulties experienced during the activity
11. Incorporate pertinent and periodic adjustments of objectives or means
12. Demonstrate appreciable improvement of motor skills, techniques or complex strategies required by the physical activity

TEACHING METHODOLOGY / LEARNING ACTIVITIES

Courses will be held in room 135 (fitness center) and occasionally in room 281

In order to actively involve the student in the active learning process, physical activity, a ten-hour personal fitness program outside of class time, labs, cooperative learning, personal research and problem solving will be used.

Theoretical courses will make use of traditional lectures, presentations and discussion groups in an effort to familiarize students with the course content.

EVALUATION OF LEARNING

FORMATIVE EVALUATION:

The teacher will provide verbal and written feedback at strategic times during the semester. Timely interventions will take place during class workshops, skill and tactical development sessions and following non-summative homework or assignments.

SUMMATIVE EVALUATION:

Students will have achieved 50% of their final grade by mid-term.

• Mid-Term and Planning and Organizing		40%
○ Mid term exam Section 8 and Exercise prescription	10%	
○ Attitudes and process for success in sport	5 %	
○ Goals assignment	5 %	
○ Bi weekly activity logs 1-7	20 %	
• Final Evaluation		60%
○ Goal achievement (sport)	20 %	
○ Cardiovascular fitness standards	20 %	
○ Final exam	20 %	

All formative and summative assignments leading to the final evaluation of the student will be corrected and returned prior to the writing of the final exam.

Mid term Quiz (1) - (10%): Students will be given a short answer and multiple-choice quiz. Subject matter for this quiz will focus on the theory of the model for effective learning, **Due (week 7 Oct 5-7)**

Goal assignment - (5 %): Student-athletes will prepare both a tactical and technical goal to be achieved at the end of the semester. Athletes should work with their coaches to identify areas of improvement. **Due (week 3 Sep 7-9)**

Bi-weekly logs (1-7) and Objectives(20%): Using the Polar watch, Students download workout time, intensity, date and other personal variable onto the computer station provided by the professor. Students must submit a total of seven bi-weekly forms over the course of the semester. Computerized downloads are due on the dates indicated in the course calendar.

Attitudes and processes for success in sport (5 %): This assignment is designed to evaluate the student's ability to improve one's effectiveness when practicing a physical activity. Refer to learning objectives 1-8 for details outlining the evaluation criteria. Students will be required to define their core values in a 250 word essay. The assignment can be obtained from your St. Lawrence file under your class documents file. They will define 5 values and apply them to the performance context in their specific sport. **Due (week 9 Oct 26-28)**

Cardio-vascular Fitness Standards (20 %): This assignment will allow the student to evaluate personal progress in regards to their cardiovascular fitness goals based on a variety of factors which influence goal achievement. Grades achieved will correspond to the VO2 Max level achieved in the final week of the semester. See Cardio-vascular fitness norms presented in class documents on Lea. **Due (week 13 Nov 23-25)**

Goal achievement (Sport specific) (20 %): This assignment will allow the student to evaluate personal progress in regards to their sport specific goals presented in their initial evaluation assignment. The athlete's coaches will complete a form provided by the professor to certify that the athlete has achieved his/ her initial goal as established at the beginning of the semester.

Final exam (20%):

Short essay questions will be used to assess subject matter presented in sections 1, 3 and 8 of the Physical Education Manual.

The final exam should be preserved, as it will serve also as an evaluation tool for the program comprehensive assessment (CA).

ANNEX 1

PREREQUISITS FOR ATHLETIC EXCELLENCE

This course is offered to all ‘AAA’ and ‘AA’ student-athletes participating in intercollegiate athletics on campus. Students participating in elite athletics off-campus must demonstrate that their sport requires a minimum of 8 hours of weekly training activities in order to maintain eligibility in the Athletic Excellence program. All students must purchase Polar RS400 or RS800 training watch at a cost of 175\$. Watches may be purchased at the college bookstore. These watches monitor exercise time and training heart rates. They will also be used to log all weekly training sessions completed by student-athletes. Students will be required to transfer training data from their watches on a weekly basis to a computer station using infrared scanning technology provided at the college. This watch will be used for the 103,104 and 105 Athletic Excellence courses .

Students participating in elite athletics off-campus must demonstrate that their sport requires a minimum of 10 hours of weekly training activities in order to maintain eligibility in the Athletic Excellence program. All off-campus student-athletes must submit an annual training program. The athletes’ coach or Federation must prepare this program. This document must be presented to the professor during the first official class of the semester.

All students registered in Athletic-Excellence must demonstrate a high level of cardiovascular fitness in order to qualify for this course. The standard “Leger-Navette” 20 Meter level test will be administered to all students on the first day of class. Women must reach level 8.5 while men must reach level 10 on this test. These scores represent a classification of “Good” in the Canadian Standardized Health-Fitness norms. All students who fail to qualify or unable to take this test will be transferred to another Physical Education course prior to the deadline for course changes.

Student-athletes injured prior to the beginning of the semester must meet with the Physical Education Department coordinator and obtain written permission to register in Athletic-Excellence. At this time, the student-athlete will be required to present a note from his/her physician detailing the medical problem as well as a date for the athletes’ return to action.

COURSE CONTENT AND CALENDAR

DATES	Tuesday (period 24)	Thursday (period: 45)
Week #1 Aug (24-26)	Class introduction Course outline Leger Navette Vo2 max test	Class introduction Course outline Leger Navette Vo2 max test
Week # 2 Aug (31) Sep (2)	Download Log 1	Download Log 1
Week #3 Sep (7-9)	Complete sport specific goals Assignment in class	Complete sport specific goals Assignment in class 2
Week #4 Sep (14-16)	Download Log 2 and submit sport goals assignment	Download Log 2 and submit sport goals assignment
Week #5 Sep (21-23)	Theory class 1 section 8 and exercise prescription,, success in sports	Theory class 1 section 8 and exercise prescription,, success in sports
Week #6 Sep (28-30)	Download Log 3	Download Log 3
Week #7 Oct (5-7)	Mid term exam	Mid term exam
OCTOBER BREAK		
Week #8 Oct (19-21)	Download Log 4	Download Log 4
Week #9 Oct (26-28)	Hand in Attitudes and process for success in sport assignment	Hand in Attitudes and process for success in sport assignment
Week #10 Nov (2-4)	Download Log 5	Download Log 5
Week #12 Nov (16-18)	Download Log 6 Review Goal achievement assignment	Download Log 6 Review Goal achievement assignment

Week #13 Nov (23-25)	Cardiovascular fitness testing	Cardiovascular fitness testing 7
Week # 14 Nov (30) Dec (2)	Download Log 7 Submit Goal achievement assignment	Download Log 7 Submit Goal achievement assignment
Week 15 Dec (7)	FINAL EXAM ROOM 281 BOTH GROUPS	

TEXT (S) AND REFERENCE MATERIALS

The Physical Education manual "Health and Lifestyle 2006" is the required text for this course and is available at the campus bookstore.

Please note: Purdue was unanimously adopted by the Pedagogical committee last year and renewed this year. If your classroom work includes grammatical and referencing notions, you are strongly encouraged to adopt this guide.

POLICIES

RULES AND PENALTIES:

Students are expected to have read the IPESA (Institutional Policy on Evaluation and Student Achievement) policies concerning attendance, cheating and plagiarism, and submission of work. Below are descriptions of these policies.

- **Tardiness**
All students and teachers are responsible for arriving on time for their respective classes.
- **Student absences**
The following complements section 5.2.2 and 5.2.3 of the IPESA. At Champlain - St. Lawrence, the maximum number of absences in a course is 10%. Students whose absences exceed this limit can be prohibited from attending classes. The final grade for the course when such a decision is taken will be the grade earned to-date. (Make reference to section 5.2 of the IPESA)
- **Cheating and plagiarism**
At CEGEP Champlain – St. Lawrence, students will receive a zero for an evaluation activity involving cheating or plagiarism. Automatic failure of the course in progress and disciplinary actions such as suspension or expulsion may result upon a second incidence. Teachers must report all incidences of cheating and plagiarism to the Dean of Students and Academic Services.

At CEGEP Champlain – St. Lawrence, students are not permitted to enter an examination room with any electronic device not expressly specified on the exam instructions. This includes, but is not limited to cell phones, MP3 players and IPods. Students found using any such device will be expelled from the exam room and the exam given an automatic 0. They are not tolerated in class also.
- **Submission of work**
All assignments should be handed in on or before the due date. Late assignments will have a 10% reduction per day applied to its determined weighting. Assignments which are ten days late or more, or which have not been handed in after assignments have been corrected will be given a value of 0. (Make reference to section 5.1 of the IPESA)
- **Wearing apparel**
For practical classes, students are expected to wear a change of clothes and running shoes that will not mark the gymnasium floor. Students not respecting this clothing regulation will be marked absent. Students are asked to supply their personal towel when using the fitness center.
- **Locker room theft**
Students are responsible for ensuring that their valuables are not stolen. Theft has been a problem in the past, so students are asked to use a lock when using the locker room facilities; however they must be removed at the end of each class.

