



Board/Authority Authorized Course: **Athletic Leadership 10**

School District/Independent School Authority Name: Cowichan Valley School District	School District/Independent School Authority Number (e.g. SD43, Authority #432): SD79 Cowichan Valley
Developed by: Darcy Hoff, Kevin O'Donnell	Date Developed: February 10, 2021
School Name: Cowichan Secondary	Principal's Name: Darcy Hoff
Superintendent Approval Date (for School Districts only):	Superintendent Signature (for School Districts only):
Board/Authority Approval Date:	Board/Authority Chair Signature:
Course Name: Athletic Leadership	Grade Level of Course: 10
Number of Course Credits: 4	Number of Hours of Instruction: 120
Course Category: (Filled in by the developing school) Leisure and Recreational Activities YLRA	Course Code: (Filled in by the district) YLRA-0F

Board/Authority Prerequisite(s): None

Special Training, Facilities or Equipment Required:

Certified Instructor for First Aid. First Aid Equipment, AED trainers and CPR mannequins. Teacher must be Physical and Health Education trained, certified as a First Aid & CPR/AED instructor, have athletic injury training and should have experience in athletic tournament organization and management. Access to various outdoor sites are necessary. Class 4 license required if transporting students on school busses

Course Synopsis:

This course has been developed to allow students with an interest in athletics an opportunity to explore the many aspects of athletics, from: first aid training and certification with a focus on athletic injuries, tournament organization and management, refereeing, volunteering for various athletic events in and around the community, introduction to various lifetime activities and physical education. Students who can demonstrate knowledge and understanding of the concepts covered will receive their Standard First Aid and CPR C certification through Red Cross and will be given instruction on treating athletic injuries. Students will be required to volunteer for required hours (30 to 40, grade dependent) throughout the course during many athletic events provided, such as; school tournaments, school intramural leagues, local elementary intramural leagues, and community events. They will be provided the opportunity for refereeing certification in various sports. The course will run in conjunction with Physical Education and will include many activities outside of school, such as hiking, disc golfing, golfing, rock climbing, skating and skiing or snowboarding. Students will discuss and practice leadership skills and learn to work as a team with a focus on helping the local community. This is reflected in the learning outcomes which involve Social and Community Issues and Kinesthetic learning as well as developing Interpersonal skills. The course will provide students the opportunity to develop their Social skills as well as help advance the athletic skills of students in the community and their own with the opportunity to volunteer their time and knowledge.

Goals and Rationale:

Athletic Leadership 10 is designed as a course to allow travel to many activities in and around the community. This course provides an opportunity for like-minded students to explore their interest in the various aspects of athletics together. Students will receive their Red Cross Standard First Aid and CPR C training with optional certification, learn proper care and treatment of athletic injuries, learn to organize and run intramural leagues, and be allowed the opportunity to help referee and give instruction to elementary and middle school students.

The course will run together with Physical Education and students will be given the opportunity to learn and demonstrate leadership skills in many groups, to the playing fields and gymnasium setting for Physical Education, to organizing and managing tournaments from the school setting, such as: hiking, disc golfing, golfing, rock climbing, skating and skiing or snowboarding, all of which will emphasize working together as a team to achieve goals.

This course has been designed to meet the needs of those students that have a strong interest in Physical Education and Athletics.

Indigenous Worldviews and Perspectives:

Athletic Leadership has many of its initiatives based in the community. The many hours spent in the outdoors allows the program to teach students through experiential learning and reflect on the history of our Indigenous worldviews and perspectives through stories and traditional teachings. The course is designed to be run as a program which provides the flexibility of program offerings and course configurations. The many hours spent outdoors away from the school allows students the opportunity to explore their own identity through physical and challenging activities by exploring their own limitations and fears.

Athletic Leadership is driven by a positive learner centered approach which focuses on teaching students leadership, the history of our land and a connection with the outdoors. An emphasis will be placed on teaching students to respect the land and preserve it for generations to come. Students will be taught that learning is holistic, and a focus will be placed on connecting with fellow classmates, family, community, culture and the natural world. Many opportunities and experiences will be provided to support the well-being of the self, the family, the community, the land, the spirits and the ancestors. The students will be given the opportunity to explore one's identity and how we are tied to the land and its history.

BIG IDEAS

Understanding basic human anatomy is an important aspect of understanding injuries, emergencies, and first aid.	Participation in outdoor activities allows for a greater understanding of self and connections to the land.	Volunteering in our school and community benefits both ourselves and others.	Social responsibility is a key leadership skill and an important part of being a citizen.	Healthy and active living can lead to a lifetime of athletic opportunities .
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Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to do the following:</i></p> <ul style="list-style-type: none"> • Identify and label appropriate major and minor bones and muscles. • Identify and understand treatment of first aid and athletic injuries. • Identify minor and life-threatening conditions and the appropriate treatments. • Participate in Red Cross Standard First Aid and CPR C training, with the option for certification or take part in Standard First Aid refresher course. • Take part in a variety of community-based activities as well as school-based activities. • Volunteer at many school and community events for a minimum of thirty hours. • Demonstrate a willingness to help at events at the school and in the community. • Demonstrate a willingness to actively participate in the leadership roles provided. • Identify and demonstrate qualities to be a strong leader and contribute in a group and community setting. • Develop appropriate social behavior while performing various volunteer and leadership roles in the school and community. • Assist and show respect to all classmates, students and adults during the course activities. 	<p><i>Students are expected to know the following:</i></p> <ul style="list-style-type: none"> • Human anatomy as it pertains to injuries and first aid. • Identification and treatment of first aid, emergencies and athletic injuries. • How to work on their own and in small groups to reach an identified goal. • How to contribute in various settings as an individual and as a member of a group. • How to behave appropriately in various settings at school and in the community. • How to prepare for various indoor and outdoor activities. • The safety techniques used for various indoor and outdoor activities. • How to show respect for fellow classmates, students and adults. • The importance of connecting with one’s self, classmates, family, community, culture and the natural world.

- Participate in outdoor activities and identify the connection between self and land.
- Identify appropriate planning and preparation behaviours conducive to safe enjoyment of the land, nature, and outdoors.
- Demonstrate and understand the appropriate techniques and procedures for correct and safe enjoyment of outdoor and indoor activities.
- Demonstrate mature, safe positive behaviors that embody self-respect and self-confidence while working cooperatively with others.
- Develop communication strategies for working with teams, athletes and youth.
- Evaluate personal skills that are developed throughout the course and set goals for the next steps to take towards being a stronger leader.

- Appropriate behaviors while working with fellow classmates, students, adults and nature within the school and community.
- Communication methods and when to use different forms.

Big Ideas – Elaborations

Anatomy

Students will learn basic Human Anatomy and how it pertains to athletic injuries, emergencies and first aid. Students will be able to diagnose various injuries and the appropriate treatments. Students will learn the Check, Call, Care Approach to dealing with first aid and proper identification and treatment of minor wounds, medical conditions and life threatening injuries. Red Cross Standard First Aid and CPR C training will be provided.

Outdoor Activities

Students will participate in a variety of indoor and outdoor activities in the community, with opportunities to get students interested and engaged with the natural outdoor world immediately surrounding us. Many local recreation facilities will be utilized as well as their resources and instruction. Time will be spent prior to each activity providing required knowledge of the activity so that students will maximize their time participating in the event.

Community

A major component of the course is giving back to the school and community in the form of volunteer hours. Each student will be expected to provide a grade level appropriate amount of volunteer time at various school activities such as: volleyball scorekeeping, basketball scorekeeping, intramural referring, and tournament organization. Many opportunities will be provided at local community events such as: locally organized runs (TC 10K, Goodlife Fitness Marathon), elementary school events (spring fairs), or community-based events. However, students are welcome to find their own volunteer activities based on their own interested such as coaching a team, or volunteering at a community event chosen by them, but approved by the instructor.

Social Responsibility

Students will be required and/or encouraged to take on leadership roles at various activities by helping to demonstrate or lead small groups whenever they feel comfortable doing so. Students will be provided opportunities to develop their leadership skills at various events including; community based volunteer events at local elementary schools and during class activities. Through the many activities offered students will demonstrate growth in their personal and social responsibilities. Students may face some of their fears and be given the opportunity to overcome those fears in safe controlled environments. Students will demonstrate appropriate social behaviors while working cooperatively in small groups. Students will be given the opportunity to apply their leadership skills while working in small groups or with other students from local schools.

Lifetime of Athletic Opportunities

Students will learn preparation planning procedures prior to field trips and appropriate paperwork will be completed. Proper clothing and attire and use of safety equipment will be discussed and demonstrated. Proper protocol and behavior during events, activities and field trips will be examined and expected. The goal is to introduce students to a wide variety of indoor and outdoor activities in a safe and controlled environment in hopes that they will be encouraged to take part with their own families and help to nurture a shared bond with family, the environment, land, traditional teachings and history.

Curricular Competencies – Elaborations

Option for Certification: Standard First Aid and CPR C course certification upon demonstrating competencies of understanding if fee is paid.

Community: take part in activities provided around the region.

Connection: between personal, community, environment, interpersonal relationships and family.

Leadership: personal growth through experience and understanding.

Preparation: an awareness of the importance in planning and preparation in all activities.

Volunteer: completion of a minimum of grade dependent hours of approved volunteer time.

Content – Elaborations

Human Anatomy: major bones, muscles, and how they function.

Athletic Injuries: recognition, diagnosis and treatment of various athletic injuries.

Connecting: develop a sense of belonging with the environment and community through the introduction and participation of lifetime activities.

Communication Methods: clear conversations, precise emails and use of technology platforms.

Recommended Instructional Components:

- Direct instruction
- Analysis of Self/Peer feedback
- Interactive instruction
- Modelling
- Demonstrations
- Group work
- Experiential learning
- Simulations
- Peer teaching
- Instructional Video
- Guest speakers
- Student in roles

Assessment Recommendations:

- Ensure alignment with the [Principles of Quality Assessment](#).
- Assessments reflect proficiency with the Learning Standards (Content and Curricular Competencies) as they are explored through the various course activities (at school and in the community).

- Holistic (triangulation of observations, conversations, and products) grade development
- Formative and summative components:
 - Student self-assessment (journals, reflections)
 - Peer feedback
 - Teacher feedback
 - First Aid Final Exam
 - Anatomy and Athletic Injuries Testing
 - Volunteer Hour completion (evaluated as evidence of proficiency with Learning Standards)

Learning Resources:

- Red Cross First Aid Manual
- Red Cross Boulevard Resources
- First Aid Supplies- Reusable and Disposable
- CPR mannequins
- AED trainers
- Anatomy diagrams and related worksheets
- Scorers and Timers Manual
- BC School Sports Website