



# CENTENNIAL REGIONAL HIGH SCHOOL

## COURSE OUTLINE 2023-2024

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**Subject:** Team Sports

**Level:** Secondary 4 (2 on 9)

### Course Description:

This course is designed to increase awareness of the importance of health-related physical activity through team sports. Students will develop excellent social, physiological, and psychological habits involved in team activities to promote a healthy lifestyle for the future.

### Program Outline:

- 1) This course will offer educational activities that will ensure the acquisition of skills, knowledge, methods, and concepts related to a wide variety of team sports. They will learn to play these sports more effectively while focusing on skills and gaining an understanding of key strategies.
- 2) Students will develop an overall understanding of health through physiology, nutrition, and psychology of team sports.
- 3) Students will develop leadership skills through both classroom and extracurricular activities involved with team sports, such as: refereeing, coaching, and managing.
- 4) Students will gain an advanced understanding of the organization of elite sports while attending higher level events and acquiring various certifications for coaching and refereeing.
- 5) Students will gain and maintain a high level of sport-specific physical fitness through monitoring regular exercise and creating advanced training programs.
- 6)

<b>SPORTS</b>	<b># of Classes</b>
Soccer	3
Rugby	3
Lacrosse	3
Floor Hockey	3
Basketball	3
Volleyball	3
Ultimate Frisbee	3
Weight Training/ Fitness	3
Handball	3
Tchoukball	3
Flag Football	3
Softball	3

## UNIFORM AND MATERIALS:

Running Shoes or Court Shoes  
T-Shirt -Burgundy  
Shorts - Black

## Evaluation:

### Term Evaluation Scheme:

20%- Written Assignments  
20%- Fitness  
20%- Sport-Specific Skill  
20%- Game-play Observations/ Group work  
20%- Participation/ Leadership Activities

*\*Please note that every student is responsible for ALL classes missed and is required to communicate with their teacher ASAP for any work, information, and notes.*

*\*\*Please refer to the Faculty & Staff Directory at <http://www.crhs.rsb.qc.ca/> for your teacher's email/website address*

Revised: February 2023

