



Ephrata High School
Course Syllabus

Sport Specific
Grade 11-12
5717



I. Course Description

Sport Specific is a combination of classroom, speed training, plyometric training, weight training, and cardiovascular fitness activities designed to improve performance on and off the field. This class is designed for both athletes and non-athletes involved with school and non-school related sports and/or clubs. Students will take part in activities that will enhance cardiovascular fitness, muscular strength and endurance, flexibility, and body composition for a specific sport/sports or activity. The benefits of exercise and its affects on particular sport/sports will be introduced. The primary objectives of this course are to improve the health-related components of fitness and to introduce the student to the concepts of fitness program design and application for pre-season and in-season sport specific workouts. Student-athletes will choose the sport/sports that they will design a workout regimen for. Examples of specific sports/activities can be but are not limited to: Bowling, Baseball/Softball, Dance, Football, Racquet Sports, Swimming, etc. This full year course and will meet every other day.

Prerequisite: 1.0 PE Credit

II. Materials & Equipment

Fitness Room
Wellness Center
Gymnasium
School Fields
Various Fitness Equipment
Classroom/Computer Lab
Sport Specific Training Bands
Fitness Analyst - Computer Program

III. Course Goals & Objectives

Physical Education Goals:

1. To develop and maintain a high level of physical fitness.
2. To develop a variety of psychomotor skills that pertains to a verity of different sports.
3. To develop a knowledge and understanding of specific sports training regimens.
4. To develop positive attitudes and behaviors.
5. To understand the benefits of exercise and its effect on the body systems while participating in a specific sport.

Objectives:

- A. To encourage students to gain a knowledge and appreciation of the importance of a sound sport-related physical fitness program.
- B. To develop coordination, agility, balance, flexibility, and endurance taking into consideration, physique, maturity and physical condition of each student-athlete.

- C. To offer an up-to-date, varied program with every student-athlete in mind.
- D. To develop a carry-over value in an effort to show a need to continue physical activity beyond the school years.
- E. To develop a relaxed, satisfying, enjoyable, and positive setting in which students can interact physically in a non-stressful situation.
- F. To introduce the student-athletes to the concepts of a fitness program design and application for a specific sport/sports.
- G. To improve the health-related components of overall physical fitness.

IV. Course Topics (Summary Outline)

Units:

1. Human Anatomy/Physiology
2. Kinesiology
3. Weight Training Techniques/Principles
4. Cardiovascular Training Techniques/Principles
5. Speed Training Techniques/Principles
6. Plyometric Training Techniques/Principles

V. Assignments & Grading

Grading:

Point System – The student’s grade is based on a total points scale.

The grading scale aligns with the districts grading policy.

Grading Scale:

A 93-100 A- 90-92

B+ 88-89 B 83-87 B- 80-82

C+ 78-79 C 73-77 C- 70-72

D+ 68-69 D 63-67 D- 60-62

F 0-59