BRITISH COLUMBIA

GRADE 12

Optimizing Athletic Performance

SD43 Coquitlam

Elite athletes have specific needs and requirements in order to achieve their desired goals. This course is designed for athletes that want to learn about and partake in the latest training techniques available that will be relevant to their specific sport. This course will incorporate Functional Movement Screening (FMS), performance testing, and video analysis to determine the best strategies to maximize the benefits for each athlete. Themes around rehabilitation of injuries, coaching, sport

Credits: 4

Approval Date: Feb 2020

Hours: 120

Trax Code: YVAP

GOALS AND RATIONALE

Optimizing Athletic Performance 12 (OAP) will elaborate upon the latest training techniques explored in OAP 11 as well as address trends as they relate to elite athletics. This course is designed to develop educated citizens who have the knowledge, skills, and understandings they need to be safe, active, and healthy citizens throughout their lives. OAP will support life-long learning—competencies that can contribute to personal lives and career aspirations.

BIG IDEAS

Developing a broad range of athletic and non-athletic skills will enhance opportunities in diverse Careers in Athletics. Understanding the specific needs and attributes that elite athletes must demonstrate to be successful can enhance performance. Knowing how our bodies move and function helps us stay safe during exercise. Making healthy choices can help us reach our health and fitness goals. Following proper training guidelines and techniques

ADDITIONAL INFORMATION

Sport Analytics • The collection of relevant, historical statistics that when properly applied can provide a competitive advantage to a team or individual. This is becoming more prevalent in sport as technology and statistics are utilized more to gain a competitive advantage. Sport Psychology • Mental preparation techniques that include goal setting, identifying intrinsic and extrinsic motivating factors. • Visualization or mental practice and the role in preparation