

# BAA Athletic Leadership 12

**District Name:** Coquitlam  
**District Number:** SD #43  
**Developed by:** Rhonda Trunkfield  
**Date Developed:** December 2004  
**School Name:** Terry Fox Secondary  
**Principal's Name:** Dan Derpak  
**Board/Authority Approval Date:** February 22, 2005

**Board/Authority Signature:**

**Course Name:** Athletic Leadership  
**Grade Level of Course:** 12  
**Number of Course Credits:** 4  
**Number of Hours of Instruction:** 120  
**Prerequisite(s):** None

**Special Training, Facilities or Equipment Required:**

NCCP Level 1 Coaching - Instructor Certification (Optional)  
St. John's First Aid – Instructor Certification (Optional)

**Course Synopsis:**

This course is designed to give students the opportunity to develop their individual and collective sense of social responsibility through the acquisition and application of leadership skills and theory in the field of athletics. Students will develop lifelong skills in the areas of self-image, goal-setting, time management, public speaking, school and community service, public relations, conflict resolution, and an understanding of various leadership styles. This will allow students the opportunity to acquire evidence and documentation to add to their graduation portfolios as they achieve certification in a variety of practical skills.

**Rationale:**

The development of leadership capacity in secondary students is a key element to the culture and organization of schools. Students should be given the opportunity to develop leadership skills as part of their education. The participants in this course will make valid contributions to both the school and local community in the process of understanding the nature of successful student leadership in the area of athletics. Leadership opportunities will aid in preparing students for the challenges the next century will present to them.

**Organizational Structure:**

<b>Unit/Topic</b>	<b>Title</b>	<b>Time</b>
Unit 1	Leadership Theories, Styles and Traits	8 hours
Unit 2	Understanding Self and Others	8 hours
Unit 3	Athletic Management	8 hours
Unit 4	Athletic Training	10 hours
Unit 5	Nutrition and Health Concerns for Athletes	8 hours
Unit 6	Certification Programs in Athletics	18 hours
Unit 7	Practical Work in the Field	60 hours
<b>Total Hours</b>		120 hours

## **Unit/Topic/Module Descriptions:**

### **Unit 1: Leadership Theories, Styles and Traits:**

**8 Hours**

In this unit students will explore the beginning foundations of leadership and examine various leadership models. They will become familiar with the importance of leadership in a variety of situations and be provided with examples of different leadership styles and traits.

#### **Topics covered:**

- What is Leadership?
- Team Leadership
- Leadership Styles and Traits
- Leadership Theories

#### **Curriculum Organizer - Knowledge acquisition**

*It is expected that students will:*

- explore and evaluate certain theories on Leadership and their sociological applications to groups.

#### **Curriculum Organizer - Application of leadership skills and theory**

*It is expected that students will:*

- demonstrate understanding of the importance of leadership training in today's world.
- demonstrate understanding of the dynamics of team leadership.
- identify leadership traits, qualities and personalities.

## **Unit 2: Understanding Self and Others**

**8 Hours**

### **Topics:**

Organization  
Association  
Education  
Communication  
Motivation  
Visualization  
Determination  
Conflict Resolution

### **Curriculum Organizer - Knowledge acquisition**

*It is expected that students will:*

- describe the role of education and life-long learning in one's future.
- demonstrate understanding of the importance of time management and detail when in a leadership position.
- demonstrate understanding of the relationship between association and leadership roles.
- describe techniques to over-come obstacles in order to practice determination as part of their plan to achieve their individual and group goals.
- demonstrate understanding of the steps to resolve conflict when it arises in group situations.

### **Curriculum Organizer - Application of leadership skills and theory**

*It is expected that students will:*

- apply organizational techniques that can be implemented daily.
- apply visualization techniques to help them achieve goals.
- demonstrate understanding of various aspects of communication for positive successful leadership.
- demonstrate understanding of the theories of human motivation and how it applies to group of individuals working together towards a common goal.

### **Unit 3: Athletic Management and Principles**

**8 Hours**

#### **Topics covered:**

Team Management  
Building Character through Sports  
Facility Management  
Event Management  
Recognition Strategies

#### **Curriculum Organizer – Knowledge acquisition**

*It is expected that the students will:*

- define the term athlete within the context of society and schools
- describe and demonstrate understanding of how character can be built through participation in sports programs

#### **Curriculum Organizer – Application of leadership skills and theory**

*It is expected that the students will:*

- demonstrate an understanding of planning and implementing various events.
- develop and demonstrate a practical understanding of the management duties required to assist an athletic team during their season of play.
- develop and demonstrate a practical understanding of the safety needs in a playing environment for athletes.
- develop and demonstrate a practical understanding of the facility requirements for an athletic event.

#### **Curriculum Organizer – Social responsibility**

*It is expected that the students will:*

- describe the importance of recognition practices.
- implement recognition programs and strategies for athletes, coaches and volunteers.

## **Unit 4: Athletic Training**

**10 Hours**

### **Topics covered:**

Basic First Aid and CPR  
Taping Techniques  
Team Medical Kits

### **Curriculum Organizer – Knowledge acquisition**

*It is expected that the student will:*

- complete a Basic First Aid and CPR certification program to acceptable level of proficiency
- demonstrate an understanding of the organization and management of team medical kits

### **Curriculum Organizer – Application of leadership skills and theory**

*It is expected that the students will:*

- participate as First Aid Attendants at home athletic events
- assess the correct method in taping an ankle
- assess the correct method in taping a knee
- assess the correct method in taping a wrist
- assess the correct method in taping fingers

## **Unit 5: Nutrition and Health Concerns for Athletes**

**8 Hours**

### **Topics covered:**

Healthy Eating from the Canada Food Guide  
Diet Fads and Media Influence  
Health Issues That Face Athletes

### **Curriculum Organizers – Knowledge acquisition**

*It is expected that students will:*

- develop an understanding of steroid use in athletics
- develop an understanding of healthy eating according to the Canada Food Guide
- develop an understanding of media influence and healthy eating

### **Curriculum Organizer – Application of leadership skills and theory**

*It is expected that students will:*

- research and report various health issues that affect athletes today.

### **Curriculum Organizer – Social responsibility**

*It is expected that the students will:*

- explore current diet fads and demonstrate an understanding of their impact on healthy eating

## **Unit 6: Certification Programs in Athletics**

**18 Hours**

**Note:** Students will complete at least one of the following certification programs.

### **Curriculum Organizer – NCCP Level 1 Certification**

*It is expected that the students will:*

- complete the NCCP Level 1 provincial certification program to a minimum competency.

### **Curriculum Organizer – Volleyball Level 1 Referee**

*It is expected that the students will:*

- complete the Volleyball Level 1 Referee provincial certification program to a minimum competency.

### **Curriculum Organizer – Basketball Level 1 Referee**

*It is expected that the students will:*

- complete the Basketball Level 1 Referee provincial certification program to a minimum competency.

### **Curriculum Organizer – Tennis Instructor**

*It is expected that the students will:*

- complete the Instructor Level provincial certification program to a minimum competency.



## **Unit 7: Practical Work in the Field**

**60 Hours**

### **Curriculum Organizer – Application of leadership skills and theory**

*It is expected that students will:*

- apply knowledge and skills from theory into practice in various areas of athletics. These areas would include: team management, minor and major officiating, coaching, event management, athletic administration and athletic training.

## **Instructional Component:**

Written Assignments  
Readings and Reflections  
Individual and Group Projects  
Professional Speakers  
Videos  
Internet Research  
Practical Experience (60 hours)

## **Assessment Component:**

- Effective formative assessment via:
  - Clearly articulated and understood learning intentions and success criteria
  - Questions posed by students, peers and teachers to move learning forward
    - Discussions and dialogue
  - Feedback that is timely, clear and involves a plan
  - Students are resources for themselves and others – peer and self-assessment
  - Student ownership

Formative assessment used to adapt learning experiences and inquiry plans on an on-going basis to meet specific learning goals.

Development, awareness and action, based upon metacognition intended to lead to learner independence and self-coaching.

### Summative Assessment:

Summative assessments will be determined as students demonstrate proficiency/mastery toward particular learning outcomes. Summative assessments and final grades will reflect the following:

- Students will work collaboratively with the teacher to determine summative achievement on assignments and letter grades based upon dialogue, and evidence of learning
- Behaviour and work habits will NOT be included when determining letter grades
- Marks will not be deducted for late work
- Extra credit and bonus marks will not be awarded
- Plagiarizing will not result in reduced marks/grades –the student will be required to demonstrate their learning authentically
- Attendance will not be considered toward letter grade
- Only individual learning demonstrated –no group marks – will be used to determine grades
- Letter grades will reflect learning towards the learning outcomes articulated above
- Letter grades will be based upon criteria provided/agreed upon toward the learning outcomes
- Letter grades will be determined in relation to the learning outcomes – not in comparison to the achievement of other students

- Poor work will not be assessed towards grades – students will only be assessed on quality work
- Professional judgment and evidence will be used to determine final letter grade in consultation with the student
- Zeros will not be assigned to missed assignments – all required assignments must be completed
- Formative or practice towards learning outcomes will not be included in final grade assessment
- Most recent evidence toward learning outcomes will be used to assign letter grades – learning is not averaged over time

### **Learning Resources:**

St. John's Emergency First Aid Manual  
 St. John's First Aid Instructor's Manual  
 St. John's First Aid Instructional Video Package  
 NCCP Level 1 Coaching Theory Manual  
 NCCP Level 1 Coaching Theory Instructor's Manual  
 Certification Program Manuals  
 BC School Sports Leadership Conference  
 BC School Sports Website  
 Videos  
 Internet

### **Additional Information:**

There are costs involved in the certification programs that students will have to incur. This course is offered in some secondary schools in Coquitlam. Depending on the school organization and assigned teacher, this course develops a uniqueness that mirrors the personality and culture of the school.