



Education and Early
Childhood Development
English Programs

Prince Edward Island Physical Education Curriculum

Physical Education

621A
Leadership

CURRICULUM



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Physical Education 621A - Leadership

Course Description

The Physical Education Leadership course is designed to provide an involvement for students that have a prospective interest in community recreation, fitness, physical education, coaching, and/or personal appreciation, as a participant or volunteer, for the various leadership roles in society. A large percentage of the instruction will take place in the classroom, with the gymnasium, outdoors and other practical settings used to supplement course content. Part of the evaluation will be derived from participation in individual or group projects involving administration and organization within both the school and the community. Some of the major unit topics include: leadership, event management, sport history, coaching certification, fitness appreciation, sports medicine, teaching and various other sports appreciation topics.

Prerequisite

Physical Education Department recommendation.

At least one grade 10 or 11 physical education course highly recommended.

Physical Education 621A - Core Units Outline

Leadership

Human Behavior

- why we do what we do
- the individual
 - o genetic and environmental influences
 - o needs: Maslow and Hertzberg
 - o motivation

Defining Leadership

- as a process

Characteristics of a good leader

Types of influence

- formal and informal
- legitimate and illegitimate

Leadership styles

- a) autocratic
 - democratic
 - laissez-faire
 - review decision-making process (stake and expertise)
 - communication patterns

- b) situational approaches
 - control
 - time
 - task complexity
 - personality types
 - considerations of those we lead (G&D)

Student Activities

- Project and Assignments - observation of groups and leaders
- Leadership case studies
- Students develop own definition of leadership
- Class list of leadership qualities
- Hypothetical problem solving using decision making module
- Group presentations, dealing with the characteristics of various age groups
- Follow and report on selected world leader

Teacher Resources

- Peer (committee approved) unit materials
- C.I.R.A. Leadership package
- PEI Leadership Institute materials
- Growth - Development Chapter 3, Level One - N.C.C.P. Course Conductors' Manual
- Maslow
- Hertzberg
- Educational administrative case study materials
- Project Teach

Event Management

- a) Management definition - including goals - objectives
 - What we are trying to accomplish
- b) Critical path - check lists; event planning; brainstorming session
 - Application to real life situations
- c) Contingency planning
- d) Crisis management planning - short term; unreal expectations
- e) Scheduling techniques - including elimination, round robin, perpetual tournaments format
- f) Preparation for management project - contract between group, instructor, and supervisor
- g) Project evaluation - student, supervisor, self
- h) Problem solving
- i) Organizing and conducting a meeting

Student Activities

- Major project involving the organization and management of an approved event
- Practice in the use of various scheduling techniques for class events

Teacher Resources

- Peer (committee approved) unit materials
- C.I.R.A. Leadership package
- Basketball Canada - notes on hosting tournaments

School Physical Education and Related Programs

- a) Appreciation and understanding of the various programs
 - background and/rationale for each
 - physical education
 - intramurals - extramurals
 - recreational clubs - P.E.
 - interscholastic athletics
 - o athletics rights vs. privilege
 - o criteria for offering
 - special consideration
 - optional vs. compulsory
- b) Sport vs. recreation - definition
- c) Implications - leadership opportunities - different interests, backgrounds, leadership class
- d) Occupations, careers in related areas
- e) Teaching as a profession

Student Activities

- Panel discussion - Sport delivery systems
- Panel discussion - Changes you would like to see for your children in school programs

Teacher Resources

- Peer (committee approved) unit materials
- C.A.H.P.E.R. support statements for why physical education
- Definitions for the various components of the program
- Inter-school sport - criteria for justification statements - Meagher
- Sport in society

Canadian Sport History

- a) Why sport history?
 - Rationale
- b) Sport background
 - Olympism
- c) Audio Visual - History of Canadian Sports
 - beginning
 - post confederation
 - 20th century to present day
- d) Physical training to physical education - development of present day programs - emphasis.
- e) Sport history in perspective - Native involvement, Canadian contribution to sport development, P.E.I. contribution
- f) Research project on sport history

Student Activities

- P.E.I. sport history project

Teacher Resources

- Mead sound - film strips on the history of Canadian sport.
 1. beginning - 12 min.
 2. post confederation - 16 min.
 3. 20th century to present - 16 1/2 min.
- The Boy in Blue - C.B.C. movie on Ned Hanlon
- Edmonton grads - Shooting Stars Movie
- P.E.I. Sports Hall of Fame
- Sport history publications
 - Charles Ballem
 - Dr. Sandy Young
- Run with Longboat
- Calgary - Seoul (olympic resource kits)

Coaching Certificate

UNIT CONTENT: Refer to Course Conductors' Manual.

- a) Aims - requirements of course
- b) Planning
- c) Rule of the coach
- d) Growth and development
- e) Sport safety
- f) The analysis of skills
- g) The development of skills
- h) Physical preparation
- i) Planning a review

* It should be noted that some of these modules on coaching certification will be used as resource material for other core units.

Student Activities

- As outlined in Course Conductors' Manual

Teacher Resources

- Level One Course Conductors' Manual

Fitness Appreciation and Physical Preparation

- What is fitness, why good health
 - Lifestyle, morbidity studies, health concerns
 - Components of fitness
 - Health related components
 - Systems
 - cardiovascular
 - musculoskeletal
 - Prescription for fitness (health)
 - Threshold of training / F.I.T. formula
 - Cardiovascular endurance
 - aerobic
 - anaerobic
 - Muscular strength and endurance
 - muscle contraction and types
 - modes of training
 - isotonic
 - isokinetic
 - isometric
 - Flexibility limitations and objectives
 - modes of stretching
 - Fitness programs
 - Testing appreciation of various protocols
- (Expansion of Chapter 7 in Level One manual)

Student Activities

- Student develops own personal fitness or sport conditioning program
- Develops own awareness and knowledge of fitness testing by conducting tests on volunteers
- participates in project which will help develop an appreciation for fitness and good health

Teacher Resources

- Peer (committee approved) unit outlines
- Concepts in physical education - Cobbin et al
- Fitness related articles
- Coaching Certification Manual, Chapter 7
- F.I.T. for the final video
- Exercise prescription

Sports Medicine - Safety

- Athletic injury
- Prevention
 - management - emergency action planning
 - rehabilitation
- Sports medicine misconceptions
- Advances in sports medicine

Student Activities

- Guest lecturer - physiotherapist

Teacher Resources

- Peer (committee approved) unit outlines
- Complete guide of sports injuries
- Sports Medicine Handbook
- National Strength and Conditioning Association journal

Teaching Physical Skills

- Skill analysis - Chapter 5 - Coaching Certification Manual.
- Skill development - Chapter 6 - Coaching Certification Manual.
- Teaching as a profession

Student Activities

- Peer teaching

Teacher Resources

- Level One Conductors' Manual

Sports Appreciation Topics - Issues

- Role of the official
- Violence in sports
- Pressure in sports
- Sport as big business
- Athletic success
- Sport for the physically challenged
- Sports and politics
- Ethics - Fair play
- Olympism
- Women in Sport

For this unit, articles pertaining to these topics will be collected from various sources for teacher references.