



Archbishop Macdonald Catholic High School

Course	Fitness Performance 20/30 Course Outline
Year	2025 - 2026
Term	Q4
Teacher(s)	Verhesen, Jacob (jacob.verhesen@ecsd.net)
Resources	Notes and handouts will be provided on Google Classroom.
Program of Studies	https://curriculum.learnalberta.ca/curriculum/en/pos/
Overview	CTSRECThis course consists of three 1 credit modules.

REC3030: SPEED & AGILITY (1 credit)

Students explore innovative and advanced techniques and agility development in relation to sport and recreation.

Prerequisite: REC2040: FOUNDATIONS FOR TRAINING 2

REC 2045: TRAINING FOR CORE MUSCLES (1 credit)

Students evaluate their core strength and resistance training knowledge and skills based on peer and instructor feedback. Students will demonstrate their understanding and benefits of safe and effective core training.

Prerequisite: REC2040: FOUNDATIONS FOR TRAINING 2

REC3025: CARDIOVASCULAR TRAINING (1 credit)

Students learn cardiovascular training principles and strategies to measure cardiovascular fitness. They explore a variety of modalities for cardiovascular training



and then use this knowledge to plan, lead and evaluate a cardiovascular training session.

Prerequisite: REC2040: FOUNDATIONS FOR TRAINING 2

IB Philosophy

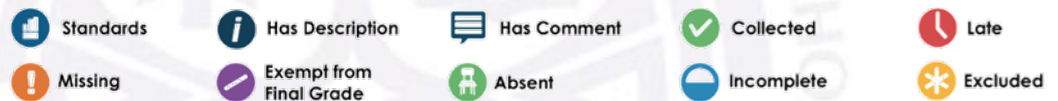
MAC's courses use the IB philosophy to encourage the holistic development of all students. The Learner Profile and Approaches to Teaching and Learning are used at all levels so that students develop a better understanding of curriculum objectives. This course will focus on the Learner Profiles BALANCED. Our Approaches to Learning skill will be SELF-MANAGEMENT SKILLS.

Assessment

The final grade is based on category weightings as follows:

Cumulative Assessment – 100%

The code NHI may be used to represent coursework that has not been handed in. It is representative of a zero. In addition, the following may appear for a student in PowerSchool instead of, or in addition to, a numeric grade:



Disclaimer

A wide range of assessment information is used in the development of a student's final grade. At Archbishop Macdonald Catholic High School, individualized assessments provide specific information regarding student progress and overall performance in class. Student assessment may vary from student to student to adapt for differences in student needs, learning styles, preferences, and paces. It should also be noted that not all assignments are used to determine the final grade, and that scale factors may have been used to determine the weight of individual assignments.

Personal Mobile Device Standards

Mobile Devices and Social Media Use:

- Personal mobile devices are to be silenced or turned off and stored in the student's assigned locker during the day, which must be locked.
- No personal mobile devices are to be used during the day except for at lunch.
- No social media is to be accessed during the school day.
- The standards for Personal Mobile Devices includes cell phones, SMART watches, earbuds, and headphones

Non-compliance with the standards will result in consequences of a suspension or loss of privileges such as participation in school trips, or activities, sports teams, and extracurricular activities.

Expectations

Unexcused absences and/or lates are unacceptable and may have a negative effect on the grade. Missed coursework may be expected to be completed and may be scored as zero or NHI until submitted (see disclaimer).

Student Handbook

[LINK](#)

Academic Integrity

[LINK](#)

