



Archbishop Macdonald Catholic High School

Course	Fitness Performance 10 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/CTSREC
Overview	This course consists of three 1 credit modules.

REC1040: FOUNDATIONS FOR TRAINING 1 (1 credit)

Students apply basic training and movement principles to health-related & performance-related components of fitness training. Students create fitness activities and develop a basic individual fitness plan to achieve goals for health-related and performance-related components.

Prerequisite: NONE

REC2040: FOUNDATIONS FOR TRAINING 2 (1 credit)

Students demonstrate training and movement principles related to muscular and cardiovascular development as well as the development of speed, agility, quickness, and flexibility. Students apply safe practices when leading and participating in training exercises and activities.

Prerequisite: REC1040: FOUNDATIONS FOR TRAINING 1



REC2010: NUTRITION FOR RECREATION ACTIVITIES & SPORT (1 credit)

Students explain the role of food and hydration in helping individuals achieve optimal physical performance for recreational physical activities and sport.

Prerequisite: NONE

IB Philosophy

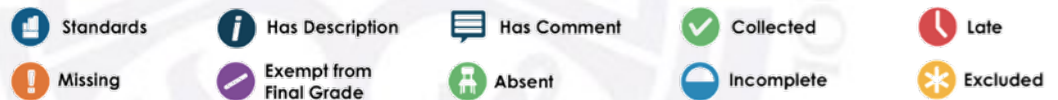
MAC's courses use the IB philosophy to encourage the holistic development of all students. The Learner Profile and Approaches to Teaching and Learning are used at all levels so that students develop a better understanding of curriculum objectives. This course will focus on the Learner Profile BALANCED. 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](#)

