



## **Sports Trainer One Year Program**

*Document Revision Date: October 11th, 2017*

## **Program Purpose**

### **Program Length**

One year comprised of four semesters.

Semester 1: May to July

Semester 2: August to October

Semester 3: November to January

Semester 4: February to March

### **Program Description**

This combined skills program is to prepare international students for an exciting career as a sports trainer and promote English language development. Focused English language training and academic preparation will prepare the student to communicate effectively and write the various external certification exams. The One Year Program focuses on applied leadership, fitness, technical skill development and wilderness first aid.

### **Program Learning Outcomes**

1. Develop ability to make nutrition, risk management, and health programming choices that positively impact health and fitness.
2. Use critical thinking and the application of fitness principles for athletic self-correction to improve performance and reduce risk of injury.
3. Develop skills of performance analysis to detect and correct errors and to improve overall athletic performance.
4. Understand how to safely and effectively use resistance equipment.
5. Develop leadership skills and professionalism necessary for management and business ownership.
6. Develop skills for the prevention and treatment of common sports-related injuries.
7. Develop ability to design advanced performance programs.
8. Develop relational and communication skills required for effective leadership.
9. Develop English reading, writing, and verbal skills.

## Course Overview

### Sports Trainer One Year Courses – Year 1

	Course Number	Course Name	Hours			Total
			Theory		Work Experience	
			Course	ESL		
Semester 1 May - July	CORE110	English as a Second Language (ESL)	60	-	-	60
	CORE111	Foundations of Health and Fitness	20	10	-	30
	CORE112	Introduction to Biomechanics	20	10	-	30
	CORE113	Foundations of Sports Leadership	35	10	-	45
	SPTR115	Anatomy	15	10	-	25
	SPTR117	Foundations of Sports Management, Level 1	65	15	-	80
<i>Total Semester Hours</i>						<b>270</b>
Semester 2 Aug - Sept	CORE120	English as a Second Language (ESL)	75	-	-	75
	CORE121	Wilderness First Aid	20	-	-	20
	CORE122	Resistance Training and Program Design	40	5	-	45
	CORE123	Applied Sports Leadership	35	10	-	45
	SPTR125	Growth & Development of Human Movement	15	10	-	25
	SPTR127	Assistant Trainer Practicum	-	-	60	60
<i>Total Semester Hours</i>						<b>270</b>
Semester 3 Nov - Jan	CORE130	English as a Second Language (ESL)	45	-	-	45
	SPTR131	Care and Prevention of Athletic Injuries	45	-	-	45
	CORE132	Resistance Training and Program Design	15	-	-	15
	CORE133	Media Production	30	-	-	30
	SPTR136	Sports Conditioning and Program Design	40	5	-	45
	SPTR137	Foundations of Sports Management, Level 2	55	5	-	60
	SPTR138	Self-Directed Certification	25	5	-	30
<i>Total Semester Hours</i>						<b>270</b>
Semester 4 Feb - Mar	CORE140	English as a Second Language (ESL)	30	-	-	30
	CORE142	Resistance Training and Program Design	15	-	-	15
	SPTR144	Sports Business Foundations	20	5	-	25
	SPTR146	Sports Conditioning and Program Design	40	5	-	45
	SPTR147	Foundation of Sports Management, Level 3	50	5	-	55
	SPTR148	Self-Directed Study, Level 1	55	5	-	60
<i>Total Semester Hours</i>						<b>230</b>

## Course Descriptions

### SEMESTER 1

#### **CORE110A – English as a Second Language – 60 Hours**

This course will equip students to speak, listen, read, and write at the Cambridge B1 level. Topics covered will include “House and Habits”, including vocabulary relating to home activities, “Student Days”, including vocabulary relating to classes, studying, and routines, and “Fun Time”, including vocabulary relating to free time and hobbies. Students will also develop the ability to use the present simple, present continuous, past simple and past continuous tenses, time and place prepositions and frequency adverbs, and verbs followed by *to* or *-ing*.

#### Course Learning Requirements

- Demonstrate Cambridge B1 level speaking, listening, writing, and reading skills.
- Identify and appropriately use unit vocabulary relating to the home and hobby activities.
- Recognize and appropriately use countable and uncountable nouns.
- Identify and appropriately use unit verbs such as *take*, *learn*, *have*, and *spend*.
- Apply present simple, present continuous, past simple, and past continuous tenses.
- Apply prepositions of time and place.
- Apply frequency adverbs.
- Identify and appropriately use verbs followed by *to* or *-ing*.

#### **CORE110C – English as a Second Language – 60 Hours**

This course will equip students to speak, listen, read, and write at the Cambridge B2 level. This course will cover unit 1, “A family affair”. Students will learn vocabulary relating to phrasal verbs appropriate for home and family contexts. Students will develop the ability to use the present perfect simple, present perfect continuous tenses, apply phrasal verbs such as *get on with* and *do up* and produce collocations with *make* and *do*.

#### Course Learning Requirements

- Demonstrate Cambridge B2 level speaking, listening, writing, and reading skills.
- Identify and appropriately apply phrasal verbs such as *get on with*, *do up*, *etc.*
- Produce correct collocations with *make* and *do*.
- Apply present perfect simple and present perfect continuous tenses.

#### **CORE110D – English as a Second Language – 60 Hours**

This course will continue to equip students to speak, listen, read and write at the Cambridge B2 level. The course will cover unit 1, “A family affair” and unit 2, “Leisure and pleasure”. In unit 1, students will learn vocabulary relating to phrasal verbs appropriate for home and family contexts. Students will develop the ability to use the present perfect simple, present perfect continuous tenses, apply phrasal verbs such as *get on with* and *do up* and produce collocations with *make* and *do*. In unit 2, students will learn vocabulary related to phrasal verbs appropriate for hobbies and free time contexts. Students will be able to make comparisons, appropriately use *-ed* or *-ing* adjective endings and use phrasal verbs and expressions: *take up*, *sum up*, *etc.*

#### Course Learning Requirements

- Demonstrate Cambridge B2 level speaking, listening, writing, and reading skills.
- Identify and appropriately apply phrasal verbs such as *get on with*, *do up*, *etc.*
- Produce correct collocations with *make* and *do*.
- Apply present perfect simple and present perfect continuous tenses.
- Identify and appropriately apply phrasal verbs such as *take up*, and *sum up*, *etc.*
- Write compound and complex sentences.
- Make comparisons and use adjectives with *-ed* or *-ing*.

### **CORE111 – Foundations of Health and Fitness – 30 Hours**

This is a combined skills course including such topics as anatomy, risk management, health programming and nutrition. Participants will learn how to make sound health and fitness life choices through the development of nutrition plans and personal fitness and training plans. This will include fitness self-assessment that can be used for future re-assessment and goal-setting. This course also provides students with basic sports injury prevention skills. ESL support in written, verbal, and comprehension skills will be provided throughout the course in report writing and presentations.

#### Course Learning Requirements

- Identify the basic anatomical structure of the human body.
- Explain concepts of athletic ability.
- Describe sports-injury prevention strategies.
- Identify the potential hazards associated with high-risk sports.
- Identify the key components of nutrition.
- Develop written, reading, listening, and verbal English language skills and further advance their ability to communicate in English in their personal life and in their field, particularly in the areas of health and fitness.
- Demonstrate an increased English vocabulary in topics related to health and fitness.
- Develop their ability to work and communicate in a professional manner.

### **CORE112 – Introduction to Biomechanics – 30 Hours**

This combined skills course will equip students to explain the basic biomechanics of the human body. Over the semester, students will learn about the muscular structure of the body and the role that natural laws, such as gravity and inertia, play in athletic muscle function. Students will apply fitness principles in order to analyze fitness and sports skills, and will develop the ability to adjust and self-correct mistakes in order to improve their performance efficiency and ultimately reduce injury. ESL support in written, verbal, and comprehension skills will be provided throughout the course in the form of preparation for presentations and project research assistance.

#### Course Learning Requirements

- Describe the structure and function of muscles in the human body.
- Summarize and explain the basic laws of mechanics (natural laws) of the body.

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- Apply the principles of biomechanics to increase efficiency and effectiveness of training and reduce the chance of sports injuries.
- Analyze mechanics required of various athletic skills, including running, striking, throwing, and fluid mechanics, for self-correction.
- Develop written, reading, listening, and verbal English language skills and further advance their ability to communicate in English in their personal life and in their field, particularly in the context of biomechanics.
- Demonstrate an increased English vocabulary in topics related to biomechanics.
- Demonstrate ability to conduct business, complete work, and communicate in a professional manner.

**CORE113 – Foundations of Sports Leadership – 45 Hours**

This is a combined skills course. This course will provide the student with an overview of the essential soft skills, such as teamwork and personality dynamics, required to be a leader in the field of sports. Students will hone their ability to set goals, communication skills, teaching and facilitation skills, and develop their conflict resolution abilities through team-building activities. In addition, students will learn about the importance of ethics and professionalism for effectiveness in sports leadership. ESL support in written, verbal, and comprehension skills will be provided throughout the course in the form of vocabulary building and presentation preparation.

Course Learning Requirements

- Explain the concepts of teaching and learning in a sports context, including feedback, active learning, and learning styles.
- Work and communicate efficiently and effectively as part of a team.
- Apply conflict resolution skills in group settings.
- Develop written, reading, listening, and verbal English language skills and further advance their ability to communicate in English in their personal life and in their field, particularly in the areas of sports leadership.
- Demonstrate an increased English vocabulary in topics related to sports leadership.
- Identify the benefits of professionalism and ethics in sports and business.
- Demonstrate the ability to work and communicate in a professional manner.

**SPTR115 – Anatomy – 25 Hours**

This foundational anatomy course is designed to introduce basic structure and functional relationship of the human body. Students will learn about the basic language of Gross Anatomy and Histology in order to understand the workings of the muscular and skeletal systems. ESL support will be provided throughout the course in preparation of quizzes.

Course Learning Requirements

- Apply appropriate anatomical terms and concepts for the purpose of identification, effective communication, and critical reading of relevant literature.
- Explain the anatomy of the tissues and organs that constitute the human body.
- Recognize anatomical structures and identify the physiological functions of body systems.

- Describe the relationship between histology and anatomy with respect to structure and function of the human body.
- Develop written, reading, listening, and verbal English language skills and further advance their ability to communicate in English in their personal life and in their field.

### **SPTR117 – Foundations of Sports Management, Level 1 – 80 Hours**

This is a combined skills course. In this course, students will be participating, observing and getting hands on experience three sports events under the supervision of the instructor (Events will vary depending on the current events being held in the area). In doing so, students will become more aware of the planning, organizational and marketing skills that are required when hosting a sports event. Students will also become more aware of the importance of managerial/leadership/interpersonal skills as well as the vital role that professionalism plays in the field of sports. ESL support will be provided throughout the course in the form of assistance with writing reports.

#### Course Learning Requirements

- Apply planning, organizational, and marketing skills to manage events; assist in the management of a sports event.
- Explain the importance of the ability to work and communicate efficiently and effectively as part of a team.
- Develop written, reading, listening, and verbal English language skills and further advance their ability to communicate in English in their personal life and in their field, particularly in the areas of sports management.
- Demonstrate an increased English vocabulary in topics related to sports management.
- Explain the importance of the ability to conduct business, complete work, and communicate in a professional manner.

## **SEMESTER 2**

### **CORE120A – English as a Second Language – 75 Hours**

This course will continue to equip students to speak, listen, read, and write at the Cambridge B1 level. Topics covered will include “Our World”, “Feelings”, “Leisure and Fashion”, “Out and About”, and “This is Me!”. Students will also develop the ability to use comparative and superlative adjectives, use modal verbs for ability and possibility as well as obligation and prohibition, apply present perfect tense, use the zero, first, and second conditionals, and use future verbs of “going to” and “will”.

#### Course Learning Requirements

- Demonstrate Cambridge B1 level speaking, listening, writing and reading skills.
- Use comparative and superlative adjectives.
- Distinguish between and appropriately use modal verbs including “can”, “could”, “might”, and “may” for ability and possibility.
- Distinguish between and appropriately use modal verbs including “should”, “shouldn’t”, “ought to”, “must”, “mustn’t”, “have to” for obligation and prohibition.
- Apply present perfect tense.

- Use the zero, first, and second conditionals.
- Use future verbs including “will” and “going to”.

### **CORE120C – English as a Second Language – 75 Hours**

This course will equip students to speak, listen, read, and write at the Cambridge B2 level. This course will cover unit 2, “Leisure and pleasure”. Students will learn vocabulary related to phrasal verbs appropriate for hobbies and free time contexts. Students will be able to make comparisons, appropriately use *-ed* or *-ing* adjective endings and use phrasal verbs and expressions: *take up, sum up, etc.*

#### Course Learning Requirements

- Demonstrate Cambridge B2 level speaking, listening, writing, and reading skills.
- Identify and appropriately apply phrasal verbs such as *take up*, and *sum up, etc.*
- Write compound and complex sentences.
- Make comparisons and use adjectives with *-ed* or *-ing*.

### **CORE120D – English as a Second Language – 75 Hours**

This course will continue to equip students to speak, listen, read and write at the Cambridge B2 level. This course will cover unit 3, “Happy holidays?” and unit 4, “Food, glorious food”. In unit 3, students will learn vocabulary related to travelling. Students will also develop the ability to use the past simple, past continuous, past perfect simple and past perfect continuous. Students will be able to use *at, in* or *on* in time phrases and learn adjective suffixes. In unit 4, students will learn to use *so* and *such* and *too* and *enough* and learn vocabulary relating to food and restaurants. Students will be able to hold in class discussions and support their opinions with reasons and examples.

#### Course Learning Requirements

- Demonstrate Cambridge B2 level speaking, listening, writing and reading skills.
- Apply past simple, past continuous, past perfect simple and past perfect continuous tenses.
- Use *at, in* or *on* in time phrases
- Identify and appropriately use words, “*so*” and “*such*”, and “*too*” and “*enough*”.
- Have class discussions and support their own opinions.

### **CORE121 – Wilderness First Aid – 20 Hours**

This course through Wilderness Medical Associates International will introduce the students to general medical concepts and basic life support skills. It is targeted to the outdoor enthusiast on day trips or short adventures. Topics covered will include Patient Assessment System; CPR; Circulatory System; Nervous System; Respiratory System; Fractures, Stable Injuries; Splints 1-Extremities; Hypothermia; Hyperthermia and Heat Illness; Near Drowning; Lightning Injuries; Wounds and Burns; Anaphylaxis; Lifting, Moving Extrication; Patient Carries; and Backcountry Medicine. Upon successful completion of the course, students will receive certification in Wilderness First Aid and Adult CPR.

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- Demonstrate basic first aid for fractures, injuries requiring splints, hypothermia, hyperthermia, near drowning, lightning injuries, wounds and burns, and anaphylaxis.
- Explain the Patient Assessment System.
- Demonstrate CPR.
- Explain the role of the circulatory, nervous, and respiratory systems.
- Demonstrate proper lifting/moving and patient carry procedures.
- Describe components of backcountry medicine.

**This course will be graded on a pass/fail basis. Successful certification in Wilderness First Aid and Adult CPR will constitute a Pass with full marks.**

**CORE122 – Resistance Training and Program Design, Level 1 – 45 Hours**

In this course participants will learn how to safely use a variety of resistance equipment as well as design a personalized resistance training plan, applying best training practices for muscle endurance, hypertrophy, and maximum strength. Topics will include the mechanics and function of resistance training equipment, the process to calculate resistance, how to select appropriate equipment and employ principles of reps, sets, and timing of lifts, and how to assess progress through comparative fitness assessment. ESL support will be provided for preparation of projects and log books.

Course Learning Requirements

- Apply muscle endurance principles to personal fitness program design.
- Apply hypertrophy to personal fitness program design.
- Apply maximum strength to personal fitness program design.
- Apply the mechanics and function of resistance training equipment, as well as the process and significance of calculating resistance.
- Select the appropriate equipment (i.e. stack machines, dumbbells, kettlebells, medicine balls, body weight, and bars) to apply the principles of reps, sets, and timing of lifts.
- Select and apply appropriate fitness assessments, and describe how these assessments contribute to training.

**CORE123 – Applied Sports Leadership – 45 Hours**

This is a combined skills course. Students will participate in a number of field experiences, ranging from overnight hike and camping designed for the application and development of leadership skills. Students will be expected to plan for as well as report on their various field experiences. ESL support will be provided for preparation of presentations and reports.

Course Learning Requirements

- Explain the role of teamwork.
- Describe the various leadership communication styles.
- Demonstrate teamwork skills.
- Identify the various skills of leadership (including teamwork, communication, and professionalism).

- Plan a nutritionally balanced group meal.
- Plan route for back-country trip.
- Describe potential hazards and dangers of back-country travel.
- Select appropriate equipment and clothing for back-country travel.
- Demonstrate leadership skills.

### **SPTR125 – Growth & Development of Human Movement – 25 Hours**

This is a combined skills course. The student will develop a basic working knowledge of physical growth and motor development from a life span perspective. Students will be challenged to apply this knowledge to integrate their learning and develop strategies to foster optimal motor development in every individual. ESL support will be provided throughout the course in the form of assistance with preparation of presentations and writing reports.

#### Course Learning Requirements

- Identify major muscle groups, joints, tendons, ligaments, and fascia in a particular context.
- Explain the roles and functions of the skeletal and articular systems, particularly as they relate to human movement.
- Apply the functional anatomy and human movement knowledge and skills to a variety of contexts.
- Describe the fundamental concepts of the neuromuscular system (including motor control theory) as they relate to movement, exercise, and sport.
- Utilize appropriate physical tests to analyze specific exercise movements.
- Develop written, reading, listening, and verbal English language skills and further advance their ability to communicate in English in their personal life and in their field.

### **SPTR127 – Assistant Trainer Practicum – 60 Hours**

This course allows students to develop personally, athletically, and professionally through engagement in a jobsite practicum. Practicum placements will be arranged by the institution and students will be working as an assistant trainer at either a baseball camp or a softball camp. Students will be expected to focus on developing their ability to interact with customers as well as their general English language skills.

#### Course Learning Requirements

- Demonstrate professionalism in the context of practicum.
- Demonstrate responsible behavior expected of an employee in a Canadian business.
- Explain daily business operations of a Canadian business.
- Identify beneficial business practices that can be applied to future business pursuits.
- Develop written, reading, listening, and verbal English communication skills for application in their chosen field.
- Communicate with work experience hosts and their clients.
- Lead training sessions and provide first aid support.

## **SEMESTER 3**

### **CORE130A – English as a Second Language – 45 Hours**

This course will continue to equip students to speak, listen, read, and write at the Cambridge B1 level. Topics covered will include “Fit and Healthy”, including vocabulary related to health and exercise, and “A Question of Taste” including vocabulary related to food and drink. Students will develop the ability to use the past perfect simple as well as *which, that, who, whose, when* and *where* clauses.

#### Course Learning Requirements

- Demonstrate Cambridge B1 level speaking, listening, writing, and reading skills.
- Identify and appropriately use unit vocabulary relating to health, exercise, illness, accidents, food, drink, shops and services.
- Write a short story.
- Identify and produce *which, that, who, whose, when* and *where* clauses.
- Identify and apply the past perfect simple.

### **CORE130C – English as a Second Language – 45 Hours**

This course will continue to equip students to speak, listen, read, and write at the Cambridge B2 level. This course will cover unit 3, “Happy holidays?”. Students will learn vocabulary related to travelling. Students will also develop the ability to use the past simple, past continuous, past perfect simple and past perfect continuous. Students will be able to use *at, in* or *on* in time phrases and learn adjective suffixes. Students will also work on a final project (a presentation, report, video, etc.) throughout the semester with guidance of the instructor

#### Course Learning Requirements

- Demonstrate Cambridge B2 level speaking, listening, writing and reading skills.
- Apply past simple, past continuous, past perfect simple and past perfect continuous tenses.
- Use *at, in* or *on* in time phrases
- Demonstrate effective presentation skills in presenting their final project

### **CORE130D – English as a Second Language – 45 Hours**

This course will continue to equip students to speak, listen, read, and write at the Cambridge B2 level. Topics covered will include unit 5, “Study time” and unit 6, “My first job”. Students will be able to use the zero, first and second conditionals and understand countable and uncountable nouns. Students will also be able to use phrasal verbs such as *get over, live up to, etc.* They will be able to form nouns from verbs and use collocations with *work* and *job*. Students will also be able to give reasons, offer ideas and describe similarities and differences when comparing.

#### Course Learning Requirements

- Demonstrate Cambridge B2 level speaking, listening, writing and reading skills.
- Use the zero, first and second conditionals

- Understand countable and uncountable nouns
- Use phrasal verbs such as *get over*, *live up to*, etc.
- Form nouns from verbs
- Use collocations with *work* and *job*.
- Describe similarities and differences when making comparisons.

### **SPTR131 – Care and Prevention of Athletic Injuries – 45 Hours**

This is a combined skills course. In this course, students will learn about the role health issues play in fitness and athletic performance, the prevention and care of common sports injuries, and how to identify hazards in high-risk sports. Specific skills developed will include proper taping procedures and how to treat concussions. This course will emphasize the prevention and “prehabilitation” of sports injuries. ESL support will be provided throughout the course through study assistance for quizzes and preparation for the report.

#### Course Learning Requirements

- Explain the ways in which health issues can impact fitness and/or performance.
- Identify common sports injuries and the immediate care required.
- Demonstrate proper taping techniques for common injuries.
- Explain prevention and prehabilitation of injuries.
- Explain baseline and prevention of concussion.
- Identify the potential hazards associated with high-risk sports.
- Develop written, reading, listening, and verbal English communication skills for application in their chosen field.

### **CORE132 – Resistance Training and Program Design, Level 2 – 15 Hours**

In this course participants will continue to develop their knowledge of resistance training and program design through the design of a program that takes muscle endurance, hypertrophy, and maximum strength into account. Students will learn intermediate concepts of the mechanics and function of resistance training equipment, as well as the process and importance of calculating resistance. Also emphasized in this course is the selection of goal-appropriate equipment and their application to the principles of reps, sets, and timing of lifts.

#### Course Learning Requirements

- Develop a personal fitness program.
- Explain the mechanics and function of resistance training equipment.
- Explain the process and significance of calculating resistance.
- Identify the appropriate equipment (i.e. stack machines, dumbbells, kettlebells, medicine balls, body weight, and bars) to apply the principles of reps, sets, and timing of lifts.
- Apply appropriate fitness assessments and explain how these assessments contribute to training.

### **CORE133 – Media Production – 30 Hours**

This course will prepare teams of students to create a promotional marketing flyer. Students will increase their awareness of various software programs (e.g. power point, excel) as well as many photography skills (shutter skills, exposure, composition) and design tips (e.g. white space, colour, layout, reading gravity). Students will collaboratively prepare and present their promotional flyer to the class.

Course Learning Requirements

- Work collaboratively as a team to produce a professional marketing flyer.
- Improve their working knowledge of two or more software programs.
- Support the design of their flyer through research and theory.
- Apply design principles in the development of their flyer.
- Improve their collaborative skills when working on a team project.

**SPTR136 – Sports Conditioning and Program Design – 45 Hours**

In this course, students will learn how to apply conditioning methods to high performance sports and physical activities. Specific skills covered will include conditioning exercise techniques that focus on body position, speed and control of movement, range of motion, progression, cueing, muscular involvement, breathing, spotting and safety guidelines, and functional movement. Students will also learn how to compare exercise techniques and appraisal methods for fitness.

Course Learning Requirements

- Demonstrate high performance methods for conditioning.
- Explain appraisal methods for fitness in high performance sports and physical activities.
- Compare exercise techniques using body position, speed/control of movement, range of motion, progression, cueing, muscular involvement, breathing, spotting/safety guidelines, and functional movement for effectiveness.
- Create a program that incorporates conditioning methods.
- Develop written, reading, listening, and verbal English communication skills for application in their chosen field.

**SPTR137 – Foundations of Sports Management, Level 2 – 60 Hours**

This is a combined skills course. In this course, students will be participating, observing and getting hands on experience three sports events under the supervision of the instructor (Events will vary depending on the current events being held in the area). In doing so, students will become more aware of the planning, organizational and marketing skills that are required when hosting a sports event. Students will also become more aware of the importance of managerial/leadership/interpersonal skills as well as the vital role that professionalism plays in the field of sports. ESL support will be provided throughout the course in the form of assistance with writing reports.

Course Learning Requirements

- Explain how to apply planning, organizational, and marketing skills to manage events.
- Explain the importance of assisting in the management of a sports event.
- Explain the role of interpersonal and command skills in leadership roles.

- Explain the importance of professionalism in conducting business, completing work, and communication.
- Develop written, reading, listening, and verbal English communication skills for application in their chosen field.

### **SPTR138 – Self-Directed Certification – 30 Hours**

This self-directed course allows the student to complete one external certification course. This will develop the skills in each student as a sports trainer. Students will be able to demonstrate professionalism in a variety of settings, develop communication skills and effective time-management skills.

The student will take part in the *Chair Shiatsu Therapist* course, held by *Body Project & Co.*

#### Course Learning Requirements

- Provide rationale for certification selection.
- Display the characteristics of a self-regulated learner.
- Demonstrate professionalism in a variety of settings.
- Develop oral and written communication skills.

## **SEMESTER 4**

### **CORE140A – English as a Second Language – 30 Hours**

This course will continue to equip students to speak, listen, read, and write at the Cambridge B1 level. Topics covered will include “Conserving Nature”, including vocabulary related to the natural world and the environment, and “What did you say?” including vocabulary related speaking and slang. Students will develop the ability to use the passive, reported speech, indirect questions and comparative and superlative adjectives.

#### Course Learning Requirements

- Demonstrate Cambridge B1 level speaking, listening, writing, and reading skills.
- Identify and appropriately use vocabulary relating to the natural world, the environment, speaking and slang.
- Write a letter.
- Identify and produce reported speech, reported commands, reported questions, indirect questions and the passive.
- Use prepositions of place.

### **CORE140C – English as a Second Language – 30 Hours**

This course will continue to equip students to speak, listen, read and write at the Cambridge B2 level. The course will cover unit 4, “Food, glorious food”. Students will be able to use *so* and *such* and *too* and *enough* and learn vocabulary relating to food and restaurants. Students will be able to hold in class discussions and support their opinions with reasons and examples. Students will work on a final project (a presentation, report, video, etc.) throughout the semester with guidance of the instructor.

#### Course Learning Requirements

- Demonstrate Cambridge B2 level speaking, listening, writing, and reading skills.
- Identify and appropriately use words, “so” and “such”, and “too” and “enough”.
- Have class discussions and support their own opinions.
- Demonstrate effective presentation skills in presenting their final project.

### **CORE140D – English as a Second Language – 30 Hours**

This course will continue to equip students to speak, listen, read and write at the Cambridge B2 level. This course will cover unit 7, “High adventure” and unit 8, “Dream of the stars”. Students will be able to use the *infinitive and verb + -ing*, verb collocations with sporting activities and verb collocations with *ambition, career, experience* and *job*. Students will be able to demonstrate use of *at, in* and *on* in phrases expressing location. Students will develop skills to suggest ideas, ask for opinions and expressing agreement or disagreement with others.

#### Course Learning Requirements

- Demonstrate Cambridge B2 level speaking, listening, writing, and reading skills.
- Apply *infinitive and verb + -ing*
- Identify *at, in* and *on* in phrases expressing location
- Use verb collocations with sporting activities and with *ambition, career, experience* and *job*
- Suggest ideas, ask for opinions and express agreement and disagreement in a group discussion.

### **CORE142 – Resistance Training and Program Design, Level 3 – 15 Hours**

In this course students will build upon foundation skills acquired in CORE132 Resistance Training and Program Design, Level 2. The purpose of the course is to develop skills that allow the participant to maintain their fitness levels and stay in top physical shape for their chosen physical activities, as well as the design of and adherence to a personal program.

#### Course Learning Requirements

- Design a personal program using resistance training equipment.
- Apply the mechanics and function of resistance training equipment to maintain fitness level.
- Integrate other disciplines into personal fitness programing.
- Create a log book.

### **SPTR144 – Sports Business Foundations – 25 Hours**

In this combined skills course students will be introduced to the foundational skills of business planning. Specific attention will be given to marketing, budgeting, employee relations, owner rights and responsibilities, what makes a business successful, and identifying the target market. Participants will come away with a greater awareness of the diverse requirements of running a small sports business. ESL assistance will be provided for preparation of quizzes and oral presentation.

#### Course Learning Requirements

- Describe the purpose of a business plan.
- Identify the parts of a business plan.

- Identify the characteristics of a good business location.
- Identify a target market.
- Describe a marketing plan.
- Explain how social media can be used to market a business.
- Describe the rights and responsibilities of small business owners.
- Describe the rights and responsibilities of employees.
- List requirements to start a small business.
- Identify the common causes of small business failure.
- Explain the importance of budgeting.
- Develop written, reading, listening, and verbal English communication skills for application in their chosen field.

### **SPTR146 – Sports Conditioning and Program Design – 45 Hours**

In this course students will learn how to design an advanced periodized sports performance program, taking into account long term athlete development and how to create an integrated support team for their clients. Students will apply their personal trainer instruction skills by role-playing the process of client consultation and assessment, including the initial interview, appraisal of health and medical history, evaluating fitness, and basic nutrition review. Students will then also design a program that incorporates goal-setting and training adaptations. ESL support will be provided throughout the course in preparation of role-playing sessions.

#### Course Learning Requirements

- Demonstrate professional and customer service skills required for client interactions.
- Conduct client consultation for medical history and health appraisal, fitness evaluation, and basic nutrition review.
- Design a program that establishes goals for motivation and adapts training to exercise-induced changes to body structures and systems.
- Develop written, reading, listening, and verbal English communication skills for application in their chosen field

### **SPTR147 – Foundations of Sports Management, Level 3– 55 Hours**

This is a combined skills course. In this course, students will be participating, observing and getting hands on experience three sports events under the supervision of the instructor (Events will vary depending on the current events being held in the area). In doing so, students will become more aware of the planning, organizational and marketing skills that are required when hosting a sports event. Students will also become more aware of the importance of managerial/leadership/interpersonal skills as well as the vital role that professionalism plays in the field of sports. ESL support will be provided throughout the course in the form of assistance with writing reports.

#### Course Learning Requirements

- Explain how to apply planning, organizational, and marketing skills to manage events; assist in the management of a sports event.
- Explain the importance of working and communicating efficiently and effectively as part of a team.

- Explain the role of developing interpersonal and command skills and their importance in leadership roles.
- Explain the importance of developing the ability to conduct business, complete work, and communicate in a professional manner.

### **SPTR148 – Self-Directed Study, Level1 – 60 Hours**

In this course, students will have the opportunity to explore athletic pursuits beyond their chosen field of focus. Through the exploration of new sports, students will broaden their personal interests and develop through the benefits of cross-discipline training.

One activity required of all students will be 40 hours of Advanced First Aid, as provided by an external organization. Students will be expected to consult with their instructor to determine appropriate activities for the remaining 20 hours.

#### Course Learning Requirements

- Develop personal interests in athletic pursuits outside their chosen field.
- Explain the benefit of participating in sports and athletic pursuits outside their chosen field.
- Develop cross-discipline skills.
- Demonstrate leadership and initiative in seeking new activities.
- Demonstrate Advanced First Aid skills.
- Develop written, reading, listening, and verbal English communication skills for application to their chosen field.

#### **\*Completion Requirement**

- Student must achieve a passing grade in all courses in order to complete the program.

## Institutional Policies

### NON-COMPLETION POLICY

#### **Retaking Exams, Quizzes and Tests:**

A student may retake a quiz/test/exam or resubmit an assignment up to a maximum of two times. All 'retake' exams, tests and/or quizzes will be awarded 60% on the student's official transcript.

#### **Retaking a Course:**

If a student fails to successfully pass a course after retaking/resubmitting quizzes/tests/assignments twice, the student has the option of retaking the course at a later date, at the student's own cost.

#### **Instructor's Special Permission:**

An instructor may permit a student to continue in their studies (despite not having met the required pre-requisites) for successive courses.

#### **Program Extensions:**

If necessary, the school will assist the student in extending their student visa (at the student's own cost) in order to re-take certain courses and fulfill requirements of the school's program.

### GRADE APPEAL POLICY

If a student is dissatisfied with a grade received and can provide evidence that a higher grade is warranted, he or she should discuss with his or her instructor. The instructor will reconsider the grade and, if warranted, assign a different grade.

If the student is not satisfied with the outcome of his or her appeal to the instructor, he or she should submit a written appeal to the Director of Studies.

The Director of Studies will obtain a copy of the assignment or test in question from the instructor and will have another instructor re-assess the test.

If the student achieves a higher grade on re-assessment, the higher grade will be assigned to the student. If the student achieves a lower grade on re-assessment, the original grade will be retained.

The grade will be considered final and cannot be appealed.

The decisions on the grade appeal will be provided to students within 30 school days of CSBA's receipt of the written appeal.