

B.A.A.-ICE HOCKEY ACADEMY 11 Framework

District Name: Kootenay-Columbia

District Number-S.D. 20

Course Title: Ice Hockey Academy

Grade Level of Course: Grade 11

Date Developed: March 2004

School Name: Stanley Humphries Secondary School

Principal's Name: Wayne Naka

Board Authority Approval Date:

Board Authority Signature:

Number of Course Credits:4.0

Number of Hours of Instruction: 120

Prerequisites: P.E. 9 OR 10

Special Training, Facilities or Equipment Required: Access to the gym, weight room, fields, and community arena and ice surface will be required. The instructor(s) will need a university degree in human kinetics, kinesiology, physical education, or the equivalent. The instructor(s) will need experience and qualifications in coaching theory and hockey technical skills training. Also, experience in basic strength and conditioning principles, and first aid training would be an asset. Specific course offerings will be dependent upon teacher qualifications, experience, school equipment, school facilities, and access to community facilities.

Course Synopsis:

This course has been developed to support and encourage students to develop their individual hockey skills, physical strength and conditioning, health and nutritional knowledge, coaching and team building skills, and goal setting and organizational skills. Students will learn to apply current information presented in physical education, health, coaching theory, and career and personal planning to Canada's national pastime, the sport of hockey. On-ice instruction will be augmented with classroom theory sessions, strength and conditioning classes, and guest speakers to enable learners to pursue their educational and hockey goals through to post secondary education. Students will be expected to keep training logs, successfully complete NCCP Level 1 Coaching Theory, and maintain a written journal with regard to information presented in classroom sessions

and by guest speakers. Students enrolled in the course will be above average students, show outstanding citizenship within the school and community, show proficiency in the sport of hockey, and a desire to maintain a connection with hockey after secondary school.

Rationale:

This course has been developed to support and encourage students to develop their individual hockey skills, physical strength and conditioning, health and nutritional knowledge, coaching and team building skills, and goal setting and organizational skills. Students will learn to apply current information presented in physical education, health, coaching theory, and career and personal planning to Canada's national pastime, the sport of hockey. On-ice instruction will be augmented with classroom theory sessions, strength and conditioning classes, and guest speakers to enable learners to pursue their educational and hockey goals through to post secondary education. Students will be expected to keep training logs, successfully complete NCCP Level 1 Coaching Theory, and maintain a written journal with regard to information presented in classroom sessions and by guest speakers. Students enrolled in the course will be above average students, show outstanding citizenship within the school and community, show proficiency in the sport of hockey, and a desire to maintain a connection with hockey after secondary school.

UNIT	TITLE	TIME
Introduction	Introduction-course outline, evaluation procedures, expectations, log book example.	1 class
Unit One	Ice Skating Principles-	29 classes
Unit Two	Puck Handling Principles-	10 classes
Unit Three	Shooting Principles-	10 classes
Unit Four	Individual Offence and Defence Principles	10 classes
Unit Five	Strength Training and Power Principles	20 classes
Unit Six	Speed, Agility, and Quickness Development	10 classes
Unit Seven	Off-ice skill development	5 classes
Unit Eight	Nutrition, Health, and Psychology Principles	5 classes

Unit Descriptions:

Curriculum Organizers-Fitness Testing, Adaptation, Periodization, Program Development, Skill Development

INTRODUCTION

It is expected that students will:

- Develop short term and long term goals for ice hockey training.
- Design a logbook that includes strength training, conditioning, skill development, nutrition, and psychology as they apply to ice hockey.

UNIT ONE-Skating Principles.

It is expected that students will:

- Demonstrate an understanding of the basic concepts and skill progressions of ice skating.
- Apply the basic concepts and skill progression for ice skating to their individual goals and plans.
- Adapt their individual program using the principles and skill progressions of ice skating.

UNIT TWO-SKILL ACQUISITION-Puck Handling Principles.

It is expected that students will:

- Demonstrate an understanding of the basic concepts and skill progressions of puck handling.
- Apply the basic concepts and skill progression for puck handling to their individual goals and plans.
- Adapt their individual program using the principles and skill progressions of puck handling.

UNIT THREE-Shooting Principles

It is expected that students will:

- Demonstrate an understanding of the basic concepts and skill progressions of shooting.
- Apply the basic concepts and skill progression for shooting to their individual goals and plans.
- Adapt their individual program using the principles and skill progressions of shooting.

UNIT FOUR-Individual Offensive and Defensive Principles

- Demonstrate an understanding of the basic concepts and skill progressions of individual offensive and defensive principles.
- Apply the basic concepts and skill progression for individual offensive and defensive principles to their individual goals and plans.
- Adapt their individual program using the concepts skill progressions of individual offensive and defensive principles.

UNIT FIVE-Strength Training and Power Principles

It is expected that students will:

- Manipulate the concepts of repetitions, sets, resistance, and exercises to design an individualized strength and conditioning program.
- Identify different strength and conditioning programs in terms of their advantages for the sport of ice hockey.
- Identify muscular and skeletal systems and understand different exercise applications to maximize individual performance.
- Identify specific power training principles and exercises and apply them to their individual program to maximize training for the sport of ice hockey.
- Demonstrate an understanding of fitness testing and its application to athletic development.
- Demonstrate an understanding of the analysis of fitness test data, and apply fitness test results to adaptations in their individual programs .
- Use and maintain equipment and work space in a safe and proper manner.

UNIT SIX-Speed, Agility, and Quickness Development.

It is expected that students will:

- Demonstrate an understanding of basic techniques in developing speed, agility, and quickness.
- Apply basic techniques in speed, agility, and quickness development to their own individual programs.

UNIT SEVEN-Off-ice Skill Development

It is expected that students will:

- Apply the basic concepts of skill development for puck handling, and create off-ice situations for practice.
- Apply the basic concepts of skill development for shooting, and create off-ice situations for practice.

UNIT EIGHT-Nutrition, Health, and Psychology Principles.

It is expected that students will:

- Demonstrate an understanding of advanced nutritional principles and supplementation as presented by the I.O.C, and the Canadian Centre for Drugs in Sport.
- Apply these nutritional principles to their individual training program to maximize their physical and psychological potential.
- Assess and analyze the different nutritional supplements and ergogenic aids as they apply to their own program.
- Demonstrate and understanding of basic sport psychology principles and techniques and apply them to their own individual program.

INSTRUCTIONAL COMPONENTS:

Direct Instruction
Indirect Instruction
Independent Instruction
Modelling
Brainstorming
Videotape
Analysis of Individual Program Goals
Analysis of Fitness Test Variables
Program Adaptation

ASSESSMENT COMPONENTS:

Up to sixty percent(60%) of the grade will be based on evaluations of their participation and effort in the course on a daily basis. This portion of the grade will be based on a six mark criterion referenced scale:

Up to forty percent(40%) of the grade will be based on a log book with daily entries. Log book entries will include goal setting and planning, exercises performed on a daily basis, meals and supplements, and sport psychology techniques utilized. Log book marks will be generated using the five point criterion referenced scale.

Up to twenty percent (20%) of the grade will be based on other assessments such as tests, papers, projects etc.

Evaluation 6 Point Scale	Participation Criteria	Logbook Criteria
5 Excellent 4 Good 3 Satisfactory 2 Poor 1 Very Poor 0 No Attempt	On task behaviors Attitude / Commitment Use of equipment Skill Development Physical Development	Organization Presentation Section development Completeness

Performance Methods

Performance Goal Outline
 Program Development
 Exercise Log
 Nutrition and Psychology Log
 Modern Exercise Presentations
 Demonstration

Personal Communication Other

Group Dialogue
 Student/instructor Dialogue
 Log Adaptation
 Self Evaluation
 Instructor Evaluation

Bi-weekly Assessment
 Student Log
 Rubrics
 Criterion Rating Scales
 Peer Evaluation
 Tests, quizzes, exams

Graduation Portfolio

As a result of their participation in the Ice Hockey Academy, students who choose a Fitness and Recreation focus area might add examples of individualized fitness programs, personal videos, reading lists, certifications, photos, etc. to their graduation portfolios.

LEARNING RESOURCES:

Essentials of Strength and Conditioning, NSCA, Human Kinetics, Baechle et al, 2000.

Strength Ball Training, Human Kinetics, Goldenberg and Twist, 2002.

Power Eating, Human Kinetics, Kleiner, 1998.

Sports Nutrition Guidebook, Human Kinetics, Clark, 1990.

The Pilates Body, Broadway Books, Siler, 2000.

www.strengthcoach.com- Strength Training

www.hc-sc.gc.ca- Health Canada, Canada's Nutrition Guide

ADDITIONAL COURSE INFORMATION:

This is a new course based on discussion with students and teachers of S.D.20. The conclusion generated was that there was a need for a sport specific course in ice hockey. Schools will need access to fitness facilities, modern strength and conditioning equipment, and the community arena and ice surface. Students will develop training programs for ice hockey that can be adapted to their changing short and long term goals. The ultimate goal is to enable students to utilize the concepts and principles presented in the course and apply them to post-secondary school hockey programs.