

LASALLE

SECONDARY SCHOOL

Sport and Healthy Active Living Program

Maximizing human potential in sport, fitness and academics
Elite Athlete Development • Healthy Active Living • Sports Administration



Lasalle Secondary School
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Lasalle Secondary School

Sport & Healthy Active Living Program

Mission: To maximize human potential in sport, fitness and academics

Goals

- To develop an understanding of the importance of fitness and a healthy lifestyle
- To further the academic success of the student athlete
- To develop a holistic approach to healthy living
- To develop organizational skills, planning skills and time management skills in order to prepare students for post secondary studies
- To develop an appreciation and commitment to community service through volunteerism
- To foster a student athlete friendly school environment for learning

Features

- Enhanced community service opportunities
- Sports specific courses (e.g. Basketball, Volleyball, Hockey)
- Promotion of a healthy lifestyle through physical fitness, nutrition and healthy choices
- Contextualized learning activities
- Leadership skill development
- Unique school structure (e.g. Timetable)
- Accommodations for elite athletes (e.g. Sudbury Wolves)

Benefits

- Connections within the sporting community
- Enhanced programs with officials, coaches, convenors
- Enhanced skill development for the elite athlete
- Exposure to coaches, health care professionals and other elite athletes in the community
- Understanding of the organization of sport and sport organizations
- Ability to better manage nutritional needs and make more informed choices about nutrition, health and lifestyle
- Cross-curricular approach to the study of sport and healthy living through contextualized learning activities
- Leadership skills that will further build self-confidence, resiliency, poise, perseverance and communication
- Accommodations for the competing demands that elite athletes manage
- Continued pursuit of athletic excellence
- A vast, unique array of educational experiences

Lasalle Secondary School

Sport & Healthy Active Living Program

Rationale

Students with a keen interest in pursuing their participation in and understanding of sports, competition, health and business should have the opportunity to engage in a variety of experiences related to their developing interests. Students will benefit from a program that is aligned with their individual collective experience while developing the knowledge, skills and attitudes that will enable them to continue to develop their passion for sport and healthy active living throughout their high school years and beyond.

Student Profile

The successful Sport & Healthy Active Living (SHAL) student will maintain a minimum B⁺ (75%) average in his/her core academic courses. He/she has and will continue to develop effective time management and organizational skills. The student enjoys the challenges presented by a rigorous curricular and co-curricular program and is confident in his/her ability to achieve excellence in both pursuits, simultaneously. The successful Sport & Healthy Active Living student is focused on goals that extend beyond their secondary school experiences.

Central Components of the Sport & Healthy Active Living Program

1. Admission Requirements

To be considered for the Sport & Healthy Active Living Program, the student athlete must meet the following criteria:

- have a minimum B⁺ (75%) average from elementary school and be entering into the academic/university pathway in high school
- be actively participating in one or more sporting activities (individual and/or team based)
- train a minimum of 10 hours per week in his/her sport
- maintain at least a 75% average to remain in the program at Lasalle Secondary School
- an interview with the SHAL coordinator or school administration may be required

2. Sport & Healthy Active Living Certificate

Students will earn a minimum of 10 credits identified as part of the Sport & Healthy Active Living Program. In addition students must complete 260 hours of volunteer service (60 hours of community service/ 200 hours of team participation), a student portfolio, and a seminar in their graduating year.

3. Service

Students in the Sport & Healthy Active Living Program are required to learn from doing real tasks beyond the classroom. Specifically, the student will complete 140 hours of volunteer service as one of the 3 certificate requirements. Lasalle Secondary School Student Services will work with students to secure opportunities to serve the community as a means of enhancing not-for-profit activities in the region. Service activities are varied and should connect to the student's experiences in the Sport & Healthy, Active Living program.

4. Student Portfolios

The portfolio is a living document which chronicles the student's curricular and co-curricular evolution. Student portfolios will contain samples of student work and achievements while in the Sport & Healthy Active Living Program. The purpose of the portfolio is to provide data for the continual assessment and evaluation of student learning. In addition, the portfolio will serve as a valuable tool for students who will be seeking admission into post-secondary programs related to sport & healthy, active living.

Portfolios may include, but are not limited to, learning objectives, self assessment and reflection, letters of endorsement and examples of student's work and achievements. In addition, the portfolio will assist teachers and supervisors in assessing his/her growth and development in the program.

Suggested Material

Resume	References	Related part time work
Personal statement of goals and philosophy	Transcripts	Reflections
Work samples	Writing samples	Performance based CD's or video
	Special Awards and Honours	

5. Honours Seminar

The third and final component is a seminar during which the student will present a research topic of their choice that is connected to one or more aspects of sport and healthy, active living to a panel including the program leader, school administration, SHAL students and parents. The seminar is a self-directed responsibility that will provide the student with extensive experience with the kind of work being done at the post-secondary level. There will be two components to this honours seminar; the portion embedded within the curriculum component of one of their grade 12 courses and the final presentation of the project at the end of the school year. Although this final certificate requirement is centered around independent research, the student will work closely with the subject teacher and SHAL program leader throughout the planning, research, writing and presentation stages of the honours seminar. Presentations will take place in the school library in early May of their graduating year using a conference style poster presentation. Students will be provided with a backboard onto which their posters can be displayed. A variety of visual aids are encouraged to supplement the poster display.





**Lasalle Secondary School
Sport & Healthy Active Living Program
Grade 9 Timetable (Sample)**

Period	Semester 1	Semester 2
1	English	Math
2	Science	Geography*
Lunch		
3	French*	Elective**
4	Physical Education*/Introduction to Business (Full Year)	
Geography, Physical Education, French*, and Food & Nutrition** (elective) will count towards the Bilingual Certificate for Immersion students		
** SHAL students will have the choice of 1 elective (either a course in the Arts <u>or</u> Technology <u>or</u> Food & Nutrition (French Immersion))		
<i>Note: It is recommended that French Immersion students choose the Food & Nutrition elective in grade 9 which will count towards both their Bilingual Certificate and their SHAL Certificate.</i>		

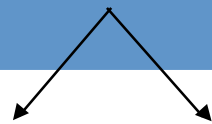
Future High School Courses

- Physical Education
- Food & Nutrition
- Exercise Science
- Business & Leadership
- Biology
- Chemistry
- Physics
- Entrepreneurship
- Sport Marketing
- Leadership
- Accounting
- Law
- Human Growth & Development
- Outdoor Education
- Physical Education
 - Basketball
 - Volleyball
 - Hockey
- Interdisciplinary Studies
 - Sport & Society (Ethics)
 - Sports Psychology
 - Sport Injury/Therapy

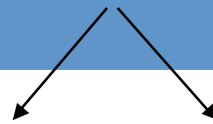


Sport & Healthy Active Living Program Pathways

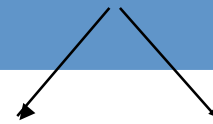
Sports Administration



Healthy Active Living



Elite Athlete Development



Sports Administration		Healthy Active Living		Elite Athlete Development	
College	University	College	University	College	University
Physical Fitness & Leadership (Cambrian)	Sports Administration	Massage Therapy	Kinesiology	Sport Conditioning	Sport Psychology
Fitness & Leisure Management	Bachelor of Business (Golf Management)	Personal Trainer (Fitness Consultant)	Sport Therapy	Sports Journalism	Outdoor Adventure Leadership
Golf Facility Operations	Accountant	Naturopathy	Health Promotion	Sport & Event Marketing	Physical Education Teacher
Hospitality, Tourism & Leisure	Sport Management	Practical Nursing	Sports Medicine (Physician)	Fitness & Health Promotion	Professional Athlete
Ecotourism		Paramedic	Dietician		Professional Coach
Recreation & Leisure Services		Medical Laboratory Technology	Therapeutic Recreation	Professional Athlete	Sports Journalism
Sport & Recreation Administration		Nutrition	Gerontologist	Sports Agent	Professional Coaching
Sports Broadcaster		Respiratory Therapist	Sport Studies	Professional Coaching	Elite Athlete Development
Health Information Management		Podiatry/Chiroprody	Physiotherapist	Professional Scout	Professional Scout
Physical Fitness & Leisure Management		Medical Radiation	Occupational Therapy	Professional Coach	
		Dental Hygiene/Assistant	Nursing/Nurse Practitioner Health Sciences		
		Outdoor Education	Physical Education Teacher		
		Personal Support Worker	Radiation Therapy		



Sport & Healthy Active Living Program

Sports Administration

This strand is designed to meet the needs of students who have a keen interest in sports and the business of sports.

Students in this strand will plan to further their studies in sports administration at the university level. Students will develop an understanding of sports promotion, marketing and the organizational aspects of both for-profit and not-for-profit sport entities.

Courses include, but are not limited to, Business, Marketing, Entrepreneurship, Accounting, Business Leadership and International Business. Students will benefit from seminars and workshops presented by professionals in the field and gain hands-on experience through co-operative education placements at both for-profit and not-for-profit organizations.

The Sports Administration strand is intended for students who plan to pursue a career in sports or business, business administration and sports administration.

Healthy Active Living

This strand is designed to meet the needs of students who intend to maintain a lifelong connection to sport, health, fitness and leisure activities.

Students in this strand will value fitness and competition, but with a focus on developing the skills, knowledge and attitudes that will lead to a healthy, active lifestyle. They may also be pursuing careers in the many fields related to health, fitness and leisure management.

Courses include, but are not limited to, Kinesiology, Fitness, Nutrition, Human Development, Psychology and Outdoor Education. Students will benefit from seminars & workshops presented by professionals in the field, as well potential co-operative education placements related to this strand such as health care facilities & businesses, fitness centres, post-secondary institutions and retirement homes.

The Healthy, Active Living strand is intended for students who have their sights set on careers in areas such as health care & health promotion, medicine, nutrition & dietetics, gerontology, naturopathy, sports therapy, fitness & recreation, coaching.

Elite Athlete Development

This strand is designed to meet the needs of students who will pursue their athletic goals after secondary school, be it inter-collegiate sports or provincial, national, and international competitions.

Students in this strand will gain an understanding of sport-specific training and skill development, as well as the psychology of elite athlete development. In addition, students will learn coaching strategies to enhance individual and team performance. They will practice effective time management skills, organizational skills and study skills.

Courses include, but are not limited to, Kinesiology, Psychology, Fitness, and sport-specific Physical Education. Students will participate in learning opportunities with professional coaches, fitness consultants and sports psychologists working with athletes who have or who are competing at the professional, national and international levels.

The Elite Athlete Development strand will nurture careers for future olympians, professional level athletes, and the expanding field of sports media.



Lasalle Secondary School

Sport & Healthy Active Living: Program Requirements

The Core Requirements of the Sport and Healthy Active Living Program include:

- 60 hours of Community Service
- 200 hours of Team Participation
- Student Portfolio
- Grade 12 Honours Seminar

In addition to these core requirements, students must complete a total of 10 courses from the following list :

- Grade 9 SHAL: Full Year Physical Education/Introduction to Business (PPL100/BBI200)
- Grade 10 SHAL: Full Year Physical Education/Leadership (PPL200/PLF4C0)
- 1 Food/Nutrition based course: (HFN200 or HFC3M0 or HFA4U0)
- 2 additional physical education classes from the following:
 - Fitness (PAF300)
 - Healthy Active Living (PPL300, PPL400)
 - Health for Life (PPZ300)
 - Yoga (PAI30F)
 - Hockey, Basketball, Volleyball ((PAL300, PAL400)
 - Outdoor Education (PAD300, PAD400)
 - Kinesiology (PSK4U0)
- Any 3 of the following:

Business/Canadian & World Studies	Science & Technology	Social Sciences
-Marketing (BMI3C0) -Entrepreneurship (BDI3C0) -Accounting (BAF3M0, BAT4M0) -Business Leadership (BOH4M0) -International Business (BBB4M0) -Law (CLU3M0/CLN4U0) -Canadian & World Issues (CGW4U0) -Cooperative Education (COOP)	-Biology (SBI3U0, SBI4U0) -Chemistry (SCH3U0, SCH4U0) -Physics (SPH3U0, SPH4U0) -Environmental Science (SVN3M0) -Health Sciences (SNC4M0) -Technological Design (TDJ3M/4M0) -Construction Engineering Technology (TCJ3C/4C)	-Anthropology, Psychology, Sociology (HSP3M0) -Gender Studies (HSG3M0) -Families in Canada (HHS4U0) -Human Development Throughout the Lifespan (HHG4M0) -Food & Culture (HFC3M0) -Nutrition & Health (HFA4U0)

* Please note a minimum 75% overall average must be achieved in these 10 required courses.

Lasalle Secondary School

Sport & Healthy Active Living Program

Frequently Asked Questions:

1. What type of grades do I need to get into the Sport & Healthy Active Living Program?

Students in the Sport & Healthy Active Living Program will have maintained a 75% average in their Grade 8 core academic courses. We expect students to maintain this level of achievement throughout their years at Lasalle Secondary School. Students who fail to maintain acceptable grades will have their status in the program reviewed at the end of the semester.

2. As a parent or community member, I am involved in a not-for-profit organization that would benefit from the support of a dedicated and reliable student volunteer. Who should I contact at Lasalle Secondary School?

Please call or e-mail:

Matt Cootes

Program Leader - Sport & Healthy, Active Living (SHAL) Program

cootesm@rainbowschools.ca

Phone: 705-566-2280

Fax: 705-566-1008

3. When and how will students be notified if they are accepted into the Sport & Healthy Active Living Program?

Students and parents will be advised by e-mail of their acceptance into the program. It is critical that we have both a student and parent e-mail address on file. We also inform students and parents if they are not accepted into the program.

4. Why must you submit an application package?

The application package is designed to show the profile of the student's character, work ethic, organizational skills, interpersonal skills and scholastic abilities.

5. Once I have been accepted into the Sport & Healthy Active Living Program, can I start fulfilling my community service hours?

Yes, Grade 8 students can begin their community service hours during the summer prior to starting grade 9. Sport & Healthy, Active Living Program students will work closely with the program coordinator to ensure that the central components of the program are completed appropriately prior to graduation.



FOR MORE INFORMATION CONTACT
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