***Leadership 120 Course Outline Teacher: Mr. Jody Robinson***

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***The leadership 120 course is part of the Health and Physical Education curriculum. This course seeks to use physical education and recreational activities as a tool for creating concrete leadership experiences, and developing leadership potential. There are three basic components to the leadership 120 course offered at McAdam High.***

1. ***Classroom Instruction***

***Unit I: Leadership Theory***

* ***Types of leadership, characteristics of a leader, leadership roles***
* ***What it takes to be a leader***

***Unit II: Sports Administration***

* ***Scheduling***
* ***Budgeting***
* ***Tournament managing***

***Unit III: Teaching Theory***

* ***Create a lesson plan***
* ***Teaching a class***

***Unit IV: Officiating***

* ***Fundamentals of effective officiating***
* ***Different types of officials***

***Unit V: Coaching***

* ***Roles of a Coach***
* ***Types of Coaches***
* ***Ethics in Coaching***

***Unit VI: Sports Medicine***

* ***Types of athletic injuries***
* ***Prevention and care of athletic injuries***

1. ***Volunteer hours during class time. As a group we will take on numerous projects in our community like enhancing the walking trail, legion cenotaph clean up, sand for seniors program, and adopt a highway. This project method involving the school and community is an integral part of the course.***
2. ***Volunteer hours outside of class time. Students wishing to take this course must be prepared to work a significant number of hours (30+) outside of the regular school day. Events such as the Railway Station Run cross country meet, Peggy McAleenan varsity girls basketball tournament, John Smith varsity boys basketball tournament, as well as others will require a major commitment on your part.***

***Course Evaluation:***

***A major portion of this course will consist of projects, hands on evaluation, and written papers. As well, each student is required to maintain a log of volunteer hours attained over the duration of the course. A final exam will be given in the course worth 25%.***

***A brief course outline letter outlining the requirements will be sent home with each student to be signed and returned in a timely manner.***

***If you have any questions or concerns please arrange to meet with me as soon as possible.***