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| **Hilliard Sports Academy – Fall 2018 Semester Curriculum** | |
| **Healthy Athlete 101: Sports Performance & Sports Medicine**  Introduction to movement science and human nutrition with an emphasis on lifestyle and training adaptations that promote peak sports performance | |
| **Possible Required Reading:** Athletic Body in Balance, Gray Cook | |
| Week 1: | Orientation, Career Pathways, Dynamic Preparation and Pre-Testing   * We spend the week exploring the space, discussing the current state of sports, and running the athletes through a series of baseline performance assessments * Safety discussions in the weight room and understand rules of the weight room * Understand the different career pathways in Sports Performance and Sports Medicine * Define the basic terminology utilized in Sport Performance/Sports Medicine to Optimal Performance and Sustainment * Define and understand the basics of dynamic warm-up and preparation |
| Week 2 | Dynamic Movement Exploration   * Define and understand motor learning continuum along the athletic preparation standpoint * Long Term Athlete Development (LTAD) reviews * Explore basic movement patterns and design obstacle courses * Utilize the Gauntlet climbing wall for movement exploration |
| Week 3-6: | Movement Science   * The focus will be on learning the fundamental movement patterns, practicing for mastery, and exploring their functional implications for both leisure & sport   + Week 3 – Posture, Alignment, and Pain Science   + Week 4 – Hip Hinge, Squat, and Lunge   + Week 5 – Advance arm and core care   + Week 6 - Postural stability and balance |
| Week 7: | Mid-Semester Physical Performance Testing |
| Week 8-9: | Fitness Concepts  Overview all the major components that go into a safe & healthy pursuit of elite fitness level. Athletes will have the opportunity to incorporate movement science knowledge into the development of a sports specific training regimen |
| Week 10-11: | Physical Activity Guidelines   * Cover current recommendations for both health & sport supporting it with discussions of the relevant research. * Discussion with OSU Sport Performance coaches and students |
| Week 12: | Nutritional Guidelines   * Cover current recommendations for both health & sport supporting it with discussions of the relevant research. * Possible guest lecturer from Sports Nutritionist |
| Week 13: | Portfolio Presentation Preparation and Panel Discussions from Professionals |
| Week 14: | Competency, Exit Survey, Portfolio Presentations and Post-Testing |