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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
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| 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
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| 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
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| Week 7: | Mid-Semester Physical Performance Testing |
| Week 8-9: | Fitness ConceptsOverview 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
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| 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
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| Week 13:  | Portfolio Presentation Preparation and Panel Discussions from Professionals |
| Week 14: | Competency, Exit Survey, Portfolio Presentations and Post-Testing |