

**Evaluation:**

Sport of Science – Classroom Credit Breakdown

Volunteer hours 20%

Participation 40%

Assignments 40%

PE/Sport Training - Credit Breakdown

Skill Testing 20%

Fitness Testing 20%

Attitude/Social Responsibility/Effort 40%

Journal 10%

Interview (September & June) 10%

**Classroom Units:**

Injury Prevention

Nutrition

Mental Health

Statistic Education

Mental Training: *Goal Setting, Visualization, Positive Self Talk, Emotional Control- Anxiety & Anger, Concentration, Motivation to Achieve, Self-Confidence*

SAT Prep

Importance of Sleep

Sex Education/Healthy Relationships (Gr 8 & 9)

Rules of softball/scorekeeping

“Pitch Ed”

Umpiring

Anatomy

Coaching Philosophies

Social Media

Game Analysis

Hitting Analysis

Recruitment: *Universities/Colleges, Player Profiles, Coaches Letters, Applications*