

VALOR FITNESS

The Health and Fitness Department combines co-curricular courses, such as Athletic Training, with our Fitness Competencies that are practiced and demonstrated over a student's entire Valor career. Descriptions of each aspect of this department are included below.

ATH 110 Sports Medicine

This course will provide the student with the opportunity to learn the basic principles and concepts of injury recognition, evaluation, management and treatment of athletic injuries. A wide variety of sports medicine topics will be covered in this course which includes: basic First Aid, C.P.R., terminology, physical conditioning, nutritional considerations, techniques in supportive taping and recognition of emergency procedures for sports related injuries. Students will also complete an experiential component, requiring five hours per week where students will work as a student trainer with Valor athletics. It is recommended that students playing a sport at Valor not take this class during the semester in which their sport competes.

Grade: 9,10,11,12; **Prerequisites:** None; **Term:** Full Year; **Credit:** 1.0; **Fee required:** See Valor website for details.

ATH 205 Athletic Training II

This is the last semester this course will be offered.

This course will provide the student with the opportunity to use competencies learned in athletic training I and to learn new concepts on injury recognition, evaluation, injury management, examination, and a more in depth anatomy. Topics to be discussed will include advanced treatment, care, special tests, and specialty taping of athletic injuries. Students will also complete an experiential component, requiring five hours per week where students will work as a student trainer with Valor athletics as well as working and supervising athletic training I students. It is recommended that students playing a sport at Valor not take this class during the semester in which their sport competes.

Grade: 10, 11, 12; **Prerequisites:** Athletic Training I; **Term:** Semester ; **Credit:** 0.5; **Fee required:** See Valor website for details.

FIT 110/120/130/140 Valor Fitness Competencies

Students may satisfy the Fitness Competencies requirement as described below. While no grade is awarded, students must indicate the manner in which they will make progress toward this requirement on the schedule request form.

Grade: 9,10,11,12; **Prerequisites:** Waiver from Valor Fitness Program Coordinator; **Term:** 6 semesters; **Credit:** 0.0 No grade will be given.

ATH 510 Sports Medicine Independent Study

This course will be internship based where the student will work as an extension of our current athletic training or performance staff and/or obtain observation hours in another medical field. This will allow students interested in pursuing a medical related career other than athletic training to learn more about their perspective field of interest by immersing them in that setting. Students are required to work 50 hours per semester in either the Valor Sports Medicine Department, Valor weight room (Supervised by the Athletic Director or an assistant) or at an instructor-approved medical facility (physical therapy clinic, orthopedic sports medicine clinic, chiropractic clinic, or other type of physicians' office). The students will learn to appreciate the broad spectrum that is medicine as well as better understand allied health, medicine, or strength and conditioning as a whole. Requests must be made through the Athletic Training Staff on an individual basis.

Grade: 11,12; **Prerequisites:** ATH 110; **Term:** Full Year; **Credit:** 1.0

Unique to Valor is our Fitness Competencies program. Rather than having the traditional high school physical education class (P.E.) we believe it is important to instill a "fitness for life" focus in our students that simply can't be accomplished in a single semester course. The goal of this program, as in all Valor courses, is building on foundational elements that increase understanding, effectiveness, and performance over time.

Recognizing that students have a variety of interests and activities that could accomplish this purpose, the Fitness Competencies program provides for a variety of means for demonstrating Fitness Competencies. Among them are the following:

Participation in Valor Athletic Offerings: The Fitness Competencies program is met by three years of active participation in one or more of Valor's interscholastic sports offerings. Students who expect to meet the competency requirement must participate in a single sport for 3 years or multiple sports equal to 3 seasons over 3

years. In addition to participating in the sport, all Valor athletes are expected to participate in Valor's off-season athletic performance program.

Valor Fitness Program: The Valor Fitness program is designed for those students who do not participate in a Valor sport offering and who do not have an appropriate outside fitness activity. At a minimum, students are expected to engage in 960 minutes per semester for at least 6 semesters. For students who desire, Valor has a wonderful fitness center with cardio-vascular, free weights and selectorized weight equipment to help students demonstrate these competencies and to learn to make regular fitness a part of a healthy life. Students participating in the Valor fitness program must keep a log of their activity which must be signed by a parent or guardian. Forms also need to be turned in for each of the semesters that they participate in the fitness program.

Off-Campus Sport or Competitive Activity: In some well-defined cases, a student may be able to attribute certain off-campus physical activities as substitutionary demonstration of the Valor Fitness Competencies program. To be considered, the following minimum conditions must be met in order for the request to be considered.

The Activity must:

- Consist of significant physical exertion and productive exercise;
- Be one which could possibly lead to competition or demonstration;
- Be done continuously and consistently for the length of a school semester;
- Take place for a minimum of three hours per week;
- Produce growth and advancement in skill;
- Take place under the guidance of a certified and/or credentialed instructor;
- Occur at a legitimate place of instruction.

Often-accepted types of activities might be: club sports not offered interscholastically at Valor; ice skating, dance, equestrian, and martial arts.

Students must complete the appropriate form seeking approval **IN ADVANCE** and must also file the appropriate completion form signed by the authorized instructor or coach of the activity at the completion of the semester in order for the competency to be demonstrated. A log must also be kept to document amount of time spent doing the activity. Both of these forms can be found on the Valor web page under Athletic Forms.

The Valor Fitness Department seeks to promote a healthy lifestyle that honors God and acknowledges that our bodies are the temple of the Holy Spirit. It is our goal to help develop well rounded individuals that possess the knowledge, skills and desire to maintain a lifetime of physical fitness with an emphasis on nutrition and healthy practices for body and soul.