**Sports Leadership 10**

*Teacher: Mr. Follis*

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Course Explanation:

Sports leadership 10 is an introductory level course to develop athletic leadership skills for students. This course includes a combination of classwork to learn leadership, planning skills and practical, hands-on application of those skills. Students will develop and apply skills such as leadership, teamwork, goal setting, event planning, activity assessment and reflection through the development of curricular events. This course supports and encourages students to assist in school/community/leadership athletic opportunities. As well, there is an on-going support to explore career options in PHE and/or coaching opportunities.

Course Goals:

1. Develop leadership skills in students who can have a positive impact on school and community culture.
2. Offer leadership and coaching training to help athletes achieve their athletic and leadership goals for life.
3. Use management and organization strategies to effectively plan and execute events in the schools and/or community.
4. Prepare students to be future leaders, coaches and change makers in the sport of choice.
5. Work to support and enhance school and/or community culture.
6. Build and foster a strong sense of social responsibility.

Evaluation:

80% Projects and Assignments

20% 5 hours community service (scorekeeping, intramurals, coaching a team...)

If you want to gain more credits towards graduation you can do 30 hours for an IDS to gain 2 credits. (Scorekeeping, intramurals, Coaching a team...)

“Each person holds so much power within themselves that needs to be let out. Sometimes they need a little nudge, a little direction, a little support, a little coaching and the greatest things can happen.”

Pete Carroll

Seattle Seahawks Head Coach