

The Exercise Science Academy (X-Sci)

Core Classes:

- English*
- Kinesiology/Advanced Biology
(both UC Lab "D" science courses)
- World History (*Honors*)
- Performance Based PE/ Lifetime Fitness & Movement
(*specially designed X-Sci PE course replaces 9/10 PE*)

Elective:

- Contemporary Athletic Issues (*Honors*)



Core Description:

The Exercise Science Academy is a specially designed core that incorporates physical fitness, sports and academics to enhance each student's understanding of the role physical activity and exercise play in their own lives and in society. Core projects and, some of the core learning environments focus on Project Based Learning strategies used to incorporate and build upon student interest while challenging them to become stronger students and lifelong, independent learners. Emphasis is placed on students gaining academic learning strategies and physical fitness strategies to benefit them both inside and outside of the classroom.

Student Profile:

The Exercise Science Academy learning community is comprised of independent learners who are confident in a fast-paced learning environment. Students considering the core should be self-directed and able to thrive in both a project based learning structure as well as a more standard academic set-up.

Students in Exercise Science should have a passion for moving and learning about fitness and exercise and a curiosity about how courses in English, History and Science connect these topics.

Students often work in teams/groups; the ability to participate and contribute to a group effort is very valuable. Students interested in this core should be comfortable working collaboratively with groups, responding positively to instruction, feedback, and building academic stamina in the group setting.

Physical Education is an integral component of the Exercise Science core. Students who cannot participate in PE should choose another 9/10 core. Accommodations will be given for injuries. However, students are expected to participate at a modified level corresponding to their medical clearance.

Curriculum:

The Exercise Science Academy is comprised of four core classes (all offered on the same day) that are designed to be thematically integrated. Over two years students in Ex-Sci will experience: Honors English, Kinesiology and Advanced Biology, Honors World History, Honors Contemporary Athletic Issues, Performance Based PE and Lifetime Fitness and Movement.

Courses focus on student mastery of skills, specific course content, the Common Core standards and the Next Generation Science Standards.

The goal of the Exercise Science Academy is to prepare lifelong learners who can make relevant cross-curricular connections in both academic skills and specific content material.

In Contemporary Athletic Issues students will explore various topics related to the role athletics play in society, including: cheating and performance enhancing drugs, gender inequality, coaching and training, commercialism, and the history of sport. This course offers students the opportunity to

reflect on their own relationship with athletics; while also challenging students to look at sports and athletics as more than just a game but a reflection of our society.

In Kinesiology students will explore the human body and its capacity for performance and movement. Basic medical terminology is explored in relation to the anatomic names of bones, muscles and various body systems. In addition, students look at human movement patterns and their evolution through time. Topics and activities coincide with the Lifetime Fitness and Movement PE course to create a cohesive few human performance.

In Lifetime Fitness and Movement and Performance Based Physical Education students analyze biomechanics related to both team and individual exercise. Students conceptualize and implement guided practice of various skills and strategies. Technologies used include using both video and software to dynamically examine athletic skills and practice. Students explore different competitive strategies, practice peer coaching, and develop proper officiating skills. Students will be empowered to meet challenges, and develop positive behaviors in fitness, athletics, and to refine movement patterns.

College and Vocational Preparation:

Students receive a rigorous course load and class schedule to prepare them for any 11/12 focus area they choose. Courses are honors level (English and History) or accelerated (Science and PE) and require a high level of student engagement and participation. Students will learn teamwork through various student projects and certifications. At the end of their 9th grade year students complete a Swim/Aquatic Safety unit and have the opportunity to become certified in basic CPR and First Aid. At the end of their 10th grade year students have the opportunity to become certified Lifeguards (with CPR and First Aid). Both certifications are taught through the American Red Cross and all prerequisites and course outlines are followed by the instructors.

Community Involvement:

Students participate in Special Olympics events with North County Consortium students on the Windsor High School campus. Various field trips are planned to local gyms and open space areas for community building and modeling of lifelong fitness habits.

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