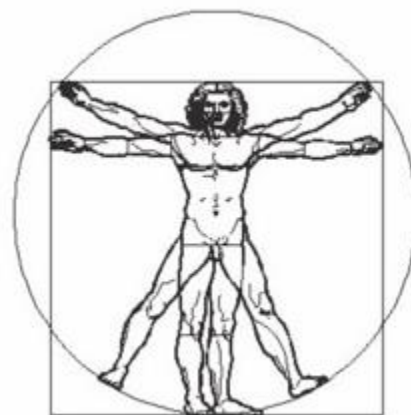


# IB Sports Exercise Health Science 2022-2023

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Staff Webpage: <https://www.mcpsmt.org/Domain/1083>



The International Baccalaureate (IB) Sports, Exercise and Health Science (SEHS) course involves studying the science that helps us understand physical performance. The course incorporates the traditional disciplines of anatomy and physiology, biomechanics, psychology and nutrition. Students will cover a range of topics and carryout practical (experimental) investigations in both laboratory and field settings. This course provides an opportunity to acquire the knowledge and understanding necessary to apply scientific principles and critically analyze human performance through a comprehensive research project/paper. Where relevant, the course will address issues of international dimensions and ethics by considering sport, exercise and health in a global context.

## Course Objectives:

- provide stimulating and challenging opportunities for scientific study and creativity within a global context
- enable students to apply and use a body of knowledge, methods and techniques that allows students to collect and analyze human performance data.
- develop experimental and investigative scientific skills
- support an awareness of the need for and the value of, effective collaboration and communication during scientific activities
- raise awareness of the moral, ethical, social, economic and environmental implications of collecting and/or using science and technology
- develop an appreciation of the possibilities and limitations associated with science and scientists
- encourage an understanding of the relationships between scientific disciplines and the overarching nature of the scientific method. (Based on- SEHS Course Guide 2018)

- If you choose, you can register to take this course for college credit from the University of Montana – Basic Exercise Prescription (KIN105) -3 credits
- If you score a 4 or above on the IB end of year exam and attend UM – KIN105 credit will be awarded

## **Here is what I expect from you...**

- ❖ to complete the entire year-long course
- ❖ act responsibly and respectfully at all times
- ❖ arrive to class on time and ready to learn
- ❖ ask for help if you need it

## Class policies:

- ❖ Have respect for yourself and others in the room.
- ❖ Come to class prepared to work.
- ❖ **Take notes** on what we discuss in class. You will not be reminded to take notes. You will be held responsible for **everything** covered during the class period. If you are absent, **check my class page** linked to my BSHS staff page **then** talk to me about what was covered.
- ❖ Cell phones are not allowed in class (unless I direct you to do so).

### **Grading policies:**

- ❖ You will be graded based on how well you meet the learning targets outlined by the IB. This will be a cooperative effort between the student and teacher. Ask me if you need guidance or have any questions.
- ❖ Labs and homework will be weighted 15%, summative assessments will be weighted 80%, and a citizenship grade will account for 5%.

### **Grading Scale:**

- ❖ A=4 - Mastered the Standard: Full comprehension with enriching details.
- ❖ B=3 - At Standard: Meets the target, without advanced details.
- ❖ C=2 - Approaching Standard: General understanding of main points of target.
- ❖ D=1 - Below Standard: Little understanding of targets.

- ❖ **Cheating will not be tolerated. A zero (0) will be earned.**

❖ **ACADEMIC INTEGRITY:** All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the BSHS administration. All students need to be familiar with the IB Diploma Handbook (especially the Academic Honesty Policy). The Handbook is available for review online at [IB Handbook Link](#)

### **Homework and classroom tests:**

- ❖ Homework will be assigned regularly. These assignments will be designed to help you practice material covered in class as well as introduce new material. It is a good time to figure out if you understand a topic and to come up with questions to ask in class.
- ❖ If you are absent on the day homework is assigned you are responsible to find out what was assigned **AND** to complete the work. (check the Google classroom page)
- ❖ You will be given at least one week notice before any test.
- ❖ Tests will be based on the learning targets.
- ❖ Formative quizzes will be given frequently. Keep up with the work and you will be fine.

### **Reassessment –**

Formative - reassessment/resubmissions are accepted up to two (2) days before the summative assessment. This will ensure students have the appropriate work completed before attempting the summative assessment. Formative work should be used to study for the summative assessment.

Summative - reassessments will be accepted within two (2) weeks of the original summative grade posting. Students can reassess on targets in which they earned a 0, 1, or 2. By reassessing, students can **earn up to a 3** on each target.

#### **Steps required to reassess on a summative assessment:**

1. All formative assessments for that unit need to be completed and submitted to the teacher before reassessment.
2. The student may reassess individual learning targets.
3. Corrections must be made to the original summative assessment
4. If given a review sheet - this must be completed and submitted before the reassessment.
5. Reassessment will be by appointment only and taken within two weeks of original summative. The student **must request** the appointment.

Below are the **8 topics** that will be covered in this class. We may not cover them in the following order:

**Topic 1: Anatomy**

- 1.1 The skeletal system
- 1.2 The muscular system

**Topic 2: Exercise physiology**

- 2.1 Structure and function of the ventilatory system
- 2.2 Structure and function of the cardiovascular system

**Topic 3: Energy systems**

- 3.1 Nutrition
- 3.2 Carbohydrate and fat metabolism
- 3.3 Nutrition and energy systems

**Topic 4: Movement analysis**

- 4.1 Neuromuscular function
- 4.2 Joint and movement type
- 4.3 Fundamentals of biomechanics

**Topic 5: Skill in sport**

- 5.1 The characteristic and classification of skill
- 5.2 Information processing
- 5.3 Principles of skill learning

**Topic 6: Measurement and evaluation of human performance**

- 6.1 Statistical analysis
- 6.2 Study design
- 6.3 Components of fitness
- 6.4 Principles of training program design

**Topic C: Physical Activity and Health**

**Topic D: Nutrition for Sports, exercise and Health**

Please check my web page and look over the **SEHS course guide**! In addition, all the rubrics outlining what you need to study are posted. You have all the tools it is up to you to put in the time and work to succeed in this class.

Every student in this class will be prepared to take the IB test at the end of the year. It is up to you, the student, if you want to complete the test and possibly earn college credit.

**IB Testing Dates:**    **Tuesday, May 2<sup>nd</sup> (Afternoon)**  
                                 **Wednesday, May 3<sup>rd</sup> (Morning)**

**Paper 1 & Paper 2**  
**Paper 3**

For those students who take the IB SEHS test their IB grade will be determined based on the following:

**IB Internal Assessments (IA): (20% Weight)**

**Due Date :** \_\_\_\_\_

(Independent research paper)

**IB External Assessments: (80% Weight)**

- |           |     |  |
|-----------|-----|--|
| ❖ Paper 1 | 20% | Multiple choice test   |
| ❖ Paper 2 | 35% | Data based questions, short answer, and extended response test |
| ❖ Paper 3 | 25% | Data based questions on Option C <b><u>OR</u></b> Option D     |

**Student Signature:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_