



## **HEALTH/WELLNESS**

### **Athletic Leadership 10, 20, 30**

#### **OVERVIEW**

This exciting opportunity is available to all students and has a high degree of personalization as students decide where their key learnings will unfold. The Athletic Leadership program encourages students to practice mentoring and leadership through individual and paired/partnered learning opportunities. Students are given opportunities to learn about and develop/foster their resiliency and that of those student-athletes around them. Students will develop an understanding of team dynamics and develop the requisite skills to foster success within any team/sport context.

Students are given opportunities to learn about and develop their own leadership skills and to take risks to grow in positive and productive ways via experiential learning. Students actively develop their own leadership strengths and aggressively model/develop servant leadership projects to foster leadership within the school context and community.

This course is only offered off the regular timetable during period five. Students will meet weekly during lunch hour or other clearly established times throughout the course of the semester.

Athletic Leadership 10 (10 CREDITS):

- Community Volunteerism 1
- Introduction to Mentorship
- Leadership Fundamentals 1
- Speaking & Presenting
- HSS Project A
- Becoming a Mentor

Athletic Leadership 20 (10 CREDITS):

- Community Volunteerism 2
- Perspectives on Interpersonal Relationships
- Leadership Fundamentals 2
- HSS Project B
- HSS Project C
- Becoming a Mentor

Athletic Leadership 30 (10 CREDITS):

- Community Enhancement
- Extending the Mentoring Relationship
- Peer Mentoring
- Leadership Fundamentals 3
- HSS Project D
- HSS Project E