

**BOWNESS HIGH SCHOOL**

HIGH PERFORMANCE ATHLETE DEVELOPMENT PATHWAY

MODULE PROGRESSION *Modules subject to change at any time

HPAD 10

(Up to *15 credits available)

Course Code	Course Description	Prerequisite
REC1040	Foundations for Training 1	
REC2040	Foundations for Training 2	REC1040: Foundations for Training 1
HSS 1020	Nutrition and Wellness	
REC1050	Sport Psychology 1	
REC1045	Group Exercise Trends	REC1040: Foundations for Training 1
REC2015	Athletic Development	REC2040: Foundations for Training 2
REC2060	Leadership in Recreation and Sport	
REC2120	Coaching 1	
REC1910	REC Project Course A	
REC2910	REC Project Course B	

***NOTE** – Grade 10 students will receive Physical Education 10 credits within the HPAD curriculum, assuming they are able to participate in all immersion and supplementary activities throughout the year.

HPAD 20

(Up to 5 credits available)

Course Code	Course Description	Prerequisite
REC2050	Sport Psychology 2	REC1050: Sport Psychology 1
REC 2010	Nutrition for Recreation and Sport Activities	
REC3120	Coaching 2	REC2120: Coaching 1
REC3085	Olympic Lifting	REC2040: Foundations for Training 2
REC2045	Training for Core Muscles	REC2040: Foundations for Training 2

HPAD 30

(Up to 5 credits available)

Course Code	Course Description	Prerequisite
REC3030	Speed and Agility	REC2040: Foundations for Training 2
REC3025	Cardiovascular Training	REC2040: Foundations for Training 2
REC3045	Periodization	REC2040: Foundations for Training 2
REC3050	Sport Psychology 3	REC2050: Sport Psychology 2
REC3910	REC Project D	