



# Interdisciplinary Studies (IDC4U): The High Performance Athlete- Grade 12 (University)

**Prerequisites:** Any university or university/college preparation course.

## Course Overview:

The High-Performance Athlete Online Course integrates three Grade 12 Ontario curriculum credits into one cohesive learning experience:

- Grade 12 Kinesiology (PSK4U)
- Grade 12 Business Leadership: Management Fundamentals (BOH4M)
- Grade 12 Communications Technology (TGJ4M)

By combining curriculum from these three subjects, this course aims to give students a better understanding of their experiences, identity, future path, and impact as a high performance athlete.

This course is a 100% self-paced, online course delivered through the NSA.

*Ontario Curriculum Document: [Interdisciplinary Studies](#)*

## Assessment and Evaluation:

Assessments in this course include written/oral reflections, participating in discussion forums, small quizzes, and the creation of multi-media presentations. Several larger, summative assessments are spaced throughout the course rather than taking place only at the culmination of the course. There is no final exam.

## Unit 1: Foundations of High Performance Athletics

**Essential Questions:** What does a high performance athletic environment include? What demands are placed on athletes in high performance environments? How can athletes physically prepare for high performance athletics? What elements are involved in physical preparation for athletes? How can I apply practical strategies and routines for optimizing physical performance?

Assignments in this unit include developing a personal sleep hygiene plan, completing an online learning module through the Coaching Association of Canada about nutrition in athletics (\$20 external registration fee), creating a personal meal plan, and investigating an athletic injury and creating a rehabilitation plan.

## Unit 2: Mental Fitness & Athletic Leadership

**Essential Questions:** How can athletes enhance their mental resilience, focus, and performance under pressure? What are the key characteristics of effective athletic leaders, and how can these qualities be developed and applied in team settings? What factors contribute to the success or failure of a team, and how can teams foster positive dynamics and achieve collective goals?

Assignments in this unit include completing a case study on focus and concentration, and developing a personal mental fitness plan and leadership profile.

## Unit 3: Personal Branding, Sponsorship, & Social Media

**Essential Questions:** What impact can a personal brand have on success? How do you create an impactful brand? What role does storytelling play in building a strong and relatable personal brand, and how can athletes effectively share their stories across different platforms? How can athletes leverage their personal brand to create financial stability both during and after their athletic career?

Assignments in this unit include creating a social media engagement plan and developing their own personal brand as an athlete.

## Unit 4: Safety and Ethics in Sport

**Essential Questions:** How can athletes and coaches contribute to a safe sporting environment? What are the short-term and long-term consequences of concussions, and why is it crucial to prioritize concussion prevention and management? What are the ethical dilemmas that athletes and coaches face in sport, and how do these dilemmas impact athletes, sport, and society? How do performance-enhancing substances and methods affect athlete performance, health, and the integrity of sport?

Assignments in this unit include completing an e-learning module about concussions in sport (NCCP, free), creating a PSA about concussions, analyzing an ethical athlete role model, creating a personalized ethics decision-making framework, and creating a multi-media presentation about the ethical future of sport.

**Course Culminating Tasks:** Students write a reflection about their experience in the course and create a comprehensive presentation about the characteristics and requirements of careers related to their sport.

*\*Special Note: Interdisciplinary Studies (IDC4U) courses cover a range of subject areas; however, regardless of how many IDC4U courses a student completes, only one IDC4U credit may be counted on the student's official transcript. For instance, if a student completes two separate IDC4U courses, only one credit will be awarded overall. While each IDC4U course and its final mark will appear on the transcript, the additional IDC4U course will be recorded with a credit value of zero. This same restriction applies when IDC4U courses are included among a student's top six grades for university applications, as only one IDC4U course may be counted as a completed credit within the six.*