

Canada's Long Term Athletic Development Model- LTAD & Healthy Living Assignment

Module Two- Assignment #1

GROUPS OF SEVEN PEOPLE

You are to make a Fact Sheet explaining the (age specific) LTAD model, its significance, its implementation, and your opinion on how we should implement it **AND** one of the 7 Dimensions of Wellness.

Choose One	Choose One
Stage 1: Active Start Stage 2: FUNdamentals Stage 3: Learn to Train Stage 4: Train to Train Stage 5: Train to Compete Stage 6: Train to Win Stage 7: Active for Life	1. Physical (fitness, nutrition, abstaining from destructive behaviour, sleep) 2. Emotional (mental health, self-esteem) 3. Intellectual (mind, education) 4. Social (communication, intimacy, belonging) 5. Spiritual (faith, values, guided principles) 6. Environmental (socio-economic, safety, sustainability) 7. Occupational (Job satisfaction, Life/work balance)

Include:

1. What is the stage/dimension?
2. Who is in it (age range)-different for boys and girls, young and older?
3. What is being introduced as the key points in this age group/dimension?
4. Include ideas for parents, coaches, or people in this dimension.
5. What happens if they skip this stage or do not have a solid foundation in this dimension?
6. Other interesting facts- and interesting ways to get the points across

INFORMATION: You do this project in a group and then the groups will break off into smaller groups and you will **PRESENT** your **FACT SHEET** to the small group.

The Group will ask you QUESTIONS for CLARIFICATIONS on your topics and EVERYONE should take notes!

There is a quiz on this stuff to see how well it was taught!

