

## **Course Outline**

### **Theory and Principles of Hockey**

In this course you will be required to:

- log 100 hours of activity, hockey or hockey related activity
- character assignment
- importance of making good decisions assignment
- nutrition assignment
- skating analysis or game stats assignment
- goal setting assignment (Please look at this assignment right away and work on it early in the course)

Activity hours are worth 50% of the course

Other assignments are 10% each