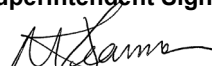


Board/Authority Authorized Course Framework Template

School District/Independent School Authority Name: Surrey	School District/Independent School Authority Number (e.g. SD43, Authority #432): SD36
Developed by: Jared Nermo and Joshua Jensen	Date Developed: April 16 th , 2024
School Name: Johnston Heights Secondary	Principal's Name: Susan Beyer
Superintendent Approval Date (for School Districts only):	Superintendent Signature (for School Districts only): 
Board/Authority Approval Date:	Board/Authority Chair Signature:
Course Name: E-Sports: Active Living in the Digital Age (ESAL)	Grade Level of Course: 11
Number of Course Credits: 4	Number of Hours of Instruction: 120

Board/Authority Prerequisite(s):

Special Training, Facilities or Equipment Required:

- **Computer Lab:** A lab equipped with computers capable of running Minecraft Education Edition and other popular e-sports titles that may be introduced in the future, headphones with microphones, and gaming controllers. The room should also have adequate space for all computers, consoles, and physical activity zones for exercises and stretching.
- **High-Speed Internet:** Reliable, high-speed internet connection with open ports on the district server network (for specific games to not be blocked) to ensure seamless online gaming and reduce latency issues during competitive play.
- **Hardware and Accessories:** Additional controllers, adapters, and other accessories to accommodate various game formats and team setups.

Additional Equipment Extensions or Other Considerations:

- **Streaming and Recording Equipment:** Cameras, microphones, and streaming software for recording and broadcasting gameplay, enabling students to analyze their performance and engage with the wider e-sports community.
- **Health and Safety Protocols:** Procedures and equipment for maintaining physical health, such as stretching routines, eye-care practices, and regular breaks to prevent strain.
- **Community Partnerships:** Partnerships with local e-sports organizations, universities, and professional teams to provide students with mentorship opportunities and real-world insights into the e-sports industry.
- **Support Staff:** IT support for maintaining and troubleshooting gaming systems and networks, and access to a counselor or wellness coach to support student mental health.
- **Personal Gaming Setups:** Students may be allowed to bring their own gaming laptops, desktops, or consoles if they meet the school's technical requirements. This can help ensure familiarity with their equipment and potentially enhance their performance. This will require parental permission.

Course Synopsis:

This course is designed to teach students healthy lifestyle skills through the exciting and dynamic world of e-sports. By integrating physical, mental, and emotional activities associated with competitive gaming, students will develop essential skills for active living. The competencies and content of the course will focus on various aspects of health, safety, participation, and social responsibility within the context of e-sports.

By participating in E-Sports: Active Living in the Digital Age, students will gain a comprehensive understanding of how to maintain a healthy lifestyle while engaging in competitive gaming. This course provides a holistic approach to well-being, ensuring students are equipped with the knowledge and skills to thrive both in the digital and physical worlds.

Goals and Rationale:

In today's digital age, adolescents are increasingly drawn to sedentary activities such as competitive e-sports, which can lead to detrimental health outcomes if not managed properly. ESAL 11 aims to address these concerns by educating students on the risks associated with a competitive e-sports lifestyle and equipping them with strategies to mitigate these risks through tailored diet, exercise routines, heightened awareness, and regular stretching practices. By integrating principles of Active Living into the digital realm, this course not only fosters physical well-being but also nurtures essential life skills such as setting and achieving personal performance goals, effective communication, decision-making under pressure, and leadership development. ESAL 11 builds upon the foundation laid by Physical and Health Education 10 (PHE10) by encouraging students to apply their knowledge in a specialized context, empowering them to maintain a balanced and healthy lifestyle in an increasingly digital world.

Aboriginal Worldviews and Perspectives:

Incorporating Aboriginal Worldviews and Perspectives into the ESAL course emphasizes holistic wellness, cultural inclusion, and understanding. The First People's Principles of Learning guide this integration, ensuring that students not only excel in e-sports but also develop a deeper connection with themselves, their communities, and the broader cultural context.

Holistic Wellness and E-Sports

Holistic wellness in e-sports involves balancing physical, mental, and emotional health. Aboriginal teachings emphasize the interconnectedness of all aspects of well-being. In the context of e-sports, students will learn to maintain physical fitness to support cognitive function and mental resilience, understanding that a healthy body fosters a healthy mind, which is crucial for peak gaming performance.

Cultural Inclusion and Understanding

Promoting cultural inclusion within the curriculum means recognizing and valuing the diverse backgrounds of all students. In e-sports, this includes fostering a respectful and inclusive gaming environment where students learn about and appreciate different cultural perspectives. This understanding enhances teamwork, communication, and mutual respect among players, reflecting the communal values emphasized in Aboriginal teachings.

Community Involvement and the Power of Story

Community involvement is central to Aboriginal worldviews, and it plays a vital role in e-sports as well. Students will engage with their peers, mentors, and local communities, learning from their experiences and stories. This experiential learning approach helps students understand the history and cultural significance of gaming and technology in various communities, enriching their e-sports journey.

Experiential Learning and Flexibility

Learning through experience and maintaining flexibility are key principles in both Aboriginal education and e-sports training. Students will participate in hands-on activities, reflect on their experiences, and adapt their strategies. This reflexive and reflective practice helps them become better gamers and more thoughtful individuals, capable of navigating the dynamic world of e-sports with a well-rounded perspective.

Leadership and Positive Learner-Centered Approach

Aboriginal worldviews emphasize leadership and a positive, learner-centered approach. In the ESAL course, students will develop leadership skills by taking on various roles within their teams, fostering a supportive and collaborative gaming environment. This approach ensures that each student's unique strengths are recognized and nurtured, promoting personal growth and collective success.

Local Focus and the Role of the Teacher

Focusing on local contexts and the role of the teacher as a leader or peer is essential in integrating Aboriginal perspectives into the ESAL course. Students will explore local e-sports communities, understand their cultural significance, and learn from local leaders and peers. This localized focus helps students appreciate the cultural diversity within e-sports and recognize the importance of community engagement in their gaming experiences.

By embedding these Aboriginal Worldviews and Perspectives into the ESAL course, students will not only enhance their e-sports skills but also develop a deeper understanding of holistic wellness, cultural inclusion, and community involvement. This approach ensures that their learning experience is enriched, meaningful, and grounded in a broader cultural context.

BIG IDEAS

Investigating **career options** within esports empowers individuals to pursue diverse pathways in the industry.

Following proper **training guidelines** and techniques can help us reach our health and **performance goals**.

Safety and injury prevention practices allow lifelong participation in recreational activities.

Participating in **E-Sports competition** requires development of communication, teamwork, and collaboration.

Recognizing **individual roles** within a team fosters cohesion and maximizes effectiveness in competitive gaming.

Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to do the following:</i></p> <p>Health and well-being:</p> <ul style="list-style-type: none"> Apply knowledge of nutrition principles and dietary strategies specifically designed to optimize cognitive function, energy levels, and recovery in esports athletes. Develop strategies to manage stress, maintain focus, and promote mental well-being amidst the demands of competitive esports participation. Cultivate a resilient, growth-oriented mindset and adaptability to navigate the competitive gaming environment with confidence. <p>Safety:</p> <ul style="list-style-type: none"> Advocate for responsible gaming habits, including setting boundaries, taking breaks, and managing screen time, to promote long-term physical and mental health in esports. Identify and address potential physical risks, such as repetitive strain injuries, and promote safety and well-being in esports environments through mitigation practices. <p>Participation:</p> <ul style="list-style-type: none"> Actively participate in esports activities, competitions, and training sessions to develop skills, teamwork, and sportsmanship in a virtual gaming environment. 	<p><i>Students are expected to know the following:</i></p> <p>Health and well-being:</p> <ul style="list-style-type: none"> Impacts of nutrition on focus and energy. Dietary strategies for optimal performance and recovery. Mindfulness and relaxation exercises for mental well-being. <p>Safety:</p> <ul style="list-style-type: none"> Boundaries and managing screen time for physical and mental health. Ergonomic risks to prevent common injuries. Self-care practices to prevent burnout and fatigue. Safety practices for long-term well-being while gaming. <p>Participation:</p> <ul style="list-style-type: none"> SMART goal setting and self-reflection practices Rules and guidelines for e-sports Effective communication in fast-paced, competitive environments Progress tracking tools Performance analysis techniques

- Set personal goals, **track progress**, and reflect on performance to improve skills, overcome challenges, and strive for continuous improvement in esports.

Social Responsibility:

- Demonstrate **leadership** qualities and collaborate effectively with teammates to develop strategies, communicate effectively, and achieve collective goals in competitive esports.
- Demonstrate appropriate gaming behaviour and online safety awareness, such as promoting respectful communication and ensuring personal security.
- Demonstrate awareness of global esports trends, cultural diversity, and social issues, and take action to promote inclusivity, diversity, and social justice in the esports industry on a local and global scale.
- Apply **conflict resolution** skills to address disagreements, resolve disputes, and promote positive communication and teamwork in esports teams and communities.

- Components of a comprehensive **training regiment**

Social Responsibility:

- **Emerging trends and cultural diversity in the e-sports industry**
- **Social responsibility** and inclusion in gaming
- **Dispute resolution** strategies and positive communication

Big Ideas – Elaborations

- **Career Options:** Exploring career options in esports reveals various roles beyond gameplay, such as coaching, content creation, and event management. This helps students align their skills and interests with potential career paths in the growing esports industry.
- **Training Guidelines:** Effective training involves not only improving in-game skills but also incorporating physical and mental well-being practices. By following structured guidelines, students can enhance performance while maintaining balance and preventing burnout.
- **Safety and Injury:** By practicing ergonomics, taking breaks, and managing screen time, students can prevent injuries common in esports. These habits promote sustained participation in both gaming and other activities throughout their lives.
- **E-Sports Competition:** Successful esports teams rely on clear communication and collaboration to create effective strategies and build trust. These skills are essential for in-game performance and are transferable to other areas of life.
- **Performance Goals:** Achieving performance goals in esports involves using tech tools to track in-game progress and analyze performance data. By combining these insights with structured training routines, students can refine their skills, make data-driven decisions for improvement, and ensure long-term success while maintaining their physical and mental well-being.
- **Individual Roles:** Understanding and excelling in individual roles strengthens team coordination and performance. This clarity promotes synergy, allowing teams to achieve greater success in competition.

Curricular Competencies – Elaborations

- **Nutrition Principles:** Nutrition principles that support mental clarity and recovery include understanding hydration, proper meal timing, and macronutrient balance. These strategies help athletes maintain focus and performance in extended gaming sessions.
- **Manage Stress:** Techniques such as mindfulness, breathing exercises, and scheduled breaks allow gamers to manage stress effectively. Maintaining mental well-being is essential for peak performance and avoiding burnout.
- **Mindset and Adaptability:** Developing a positive mindset helps gamers stay resilient in high-pressure situations. Adaptability ensures they can adjust strategies based on real-time feedback and shifting competition dynamics.
- **Responsible Gaming Habits:** Establishing responsible gaming habits involves creating schedules that allow for regular breaks and incorporating non-gaming activities that support overall well-being. This balance prevents fatigue and encourages long-term participation in esports.
- **Physical Risks:** Recognizing the early signs of strain from prolonged gaming and using ergonomic setups can reduce the risk of injury. Incorporating physical exercises like stretching and strength training further supports long-term safety in esports participation.
- **Competitions to Develop Skills:** Regular involvement in gaming competitions helps refine movement strategies, reaction time, and decision-making. It also encourages teamwork and good sportsmanship in high-stakes virtual settings.
- **Track Progress:** Utilizing tech tools such as in-game analytics, performance trackers, and video reviews allows gamers to assess their progress, adjust training plans, and set new performance goals for consistent improvement in their desired actions.
- **Leadership:** Leadership in gaming involves guiding teams through strategy development, effective communication in high-pressure scenarios, and creating inclusive, respectful environments for all players.
- **Conflict Resolution:** Conflict resolution skills help gamers manage disagreements during competitive play, fostering a cooperative and constructive team dynamic, even in the face of adversity.

Content – Elaborations

- **Nutrition:** Proper nutrition fuels sustained focus and energy levels during long gaming sessions. Athletes need to balance their intake of proteins, fats, and carbohydrates to optimize cognitive performance and physical endurance.
- **Dietary Strategies:** Specific diets, like those rich in anti-inflammatory foods and hydration, support peak performance and quick recovery from gaming fatigue, ensuring players remain at their best during consecutive competitions.
- **Mindfulness:** Mindfulness techniques, such as meditation and controlled breathing, help esports athletes manage stress, reduce anxiety, and maintain mental clarity throughout intense gaming sessions.
- **Boundaries:** Implementing screen time limits and scheduling regular breaks helps prevent overexertion and mental fatigue, contributing to overall long-term health and performance in gaming.
- **Ergonomic Risks:** Ergonomic setups, such as properly adjusted chairs, desks, and monitors, help prevent repetitive strain injuries common in esports, like carpal tunnel syndrome and back pain.
- **Self-care practices:** Regular rest, hydration, and physical activities like stretching reduce the risk of burnout and mental exhaustion, essential for sustaining a long and healthy esports career.
- **Safety Practices:** Establishing safe gaming practices, such as proper posture and hand positioning, promotes a sustainable esports lifestyle, minimizing health risks over time.
- **SMART Goal Setting:** Using SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals allows esports athletes to create actionable improvement plans. Reflecting on progress ensures consistent development and helps identify areas for growth.
- **Rules and Guidelines for E-Sports:** Understanding game-specific rules and broader esports guidelines, including fair play standards and tournament regulations, is crucial for professional participation in competitive gaming.
- **Effective Communication:** Clear, concise communication during high-speed gameplay is vital for ensuring team coordination and executing strategies in real-time competitive settings which translates to many other aspects of students' lives.
- **Progress Tracking Tools:** Tools such as performance analytics software and in-game trackers allow players to monitor their skills and strategize improvements based on data-driven insights.
- **Performance Analysis:** Reviewing gameplay footage and analyzing metrics such as reaction times and decision-making under pressure help athletes refine their strategies and enhance overall performance.
- **Training Regimen:** A balanced esports training regimen includes physical fitness, mental exercises, and gameplay drills that together improve agility, reaction times, and game mechanics.
- **Emerging Trends and Cultural Diversity:** Awareness of trends like the growing global popularity of esports and the increasing cultural diversity within the gaming community informs how players engage with the industry and promote inclusivity.
- **Social Responsibility and Inclusion in Gaming:** Promoting inclusive practices in gaming encourages a welcoming environment for all players, regardless of background, while fostering a community that prioritizes fairness and respect.
- **Dispute resolution:** Employing conflict resolution strategies ensures that disagreements during gameplay are handled constructively. Positive communication supports teamwork and maintains a healthy competitive environment.

Recommended Instructional Components:

- Direct Instruction
- Indirect Instruction – Student-led strategy discussions
- Interactive Instruction – Team-based problem-solving
- Demonstrations – Live gaming and tactic showcases
- Modeling – Demonstrating in-game roles and strategies
- Simulation Exercises – Practicing in virtual environments
- Group Projects – Collaborative game analysis and strategy development
- Peer Coaching – Students teaching and guiding each other
- Experiential Learning – Hands-on practice in competitive gaming scenarios
- Reflective Writing – Self-assessment of performance and growth
- Analysis of Gameplay – Reviewing personal and professional match footage
- Media Literacy – Critically evaluating gaming trends and e-sports coverage
- Data-Driven Decision-Making – Using tools to track progress and optimize performance
- Scenario-Based Learning – Simulating real-world e-sports challenges to apply strategic thinking
- Technology Integration – Utilizing gaming software and analytical tools for hands-on learning
- Guest Speakers – Inviting e-sports professionals to share industry insights.
- Self-Paced Learning Modules – Allowing students to explore specific skills at their own pace.
- Feedback Sessions – Regular review sessions with personalized feedback on performance.

Recommended Assessment Components: Ensure alignment with the [Principles of Quality Assessment](#)

This BAA course is built on a foundation that focuses on the learning process and provides multiple opportunities for students to demonstrate their learning. It consists of both formative and summative assessment.

FORMATIVE ASSESSMENT

Students and teachers will engage in a process of gathering, interpreting and responding to evidence of learning.

STUDENTS WILL ANSWER THESE QUESTIONS ON AN ONGOING BASIS:

- What am I learning?
- Where am I in my learning?
- Is there anything hindering my learning?
- What goals have I set for my learning?
- How am I going to move forward in my learning?

THE TEACHER WILL:

- clarify Learning intentions
- generate and provide clear success criteria in student-friendly language
- frame and solicit meaningful open-ended questions that lead to deeper understanding of the learning intentions
- provide ongoing descriptive feedback
- provide opportunities for ongoing Self and Peer Assessment

SUMMATIVE ASSESSMENT

Students will complete performance-based tasks connected to curricular competencies and content.

Evaluation of these tasks will be reserved for those occasions when a snapshot of student performance/achievement is required or necessary.

The evidence gathered will be used to communicate student learning and provide evaluative feedback.

Learning Resources:

Anderson, Craig A. "The Influence of Video Games on Social, Cognitive, and Affective Information Processing." *Annual Review of Psychology*, vol. 66, 2015, pp. 389-416. <https://www.annualreviews.org/doi/10.1146/annurev-psych-010814-015304>. Accessed 29 Aug. 2024.

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- Jenny, Seth E., et al. "Virtual(ly) Athletes: Where Esports Fit Within the Definition of 'Sport'." *Quest*, vol. 69, no. 1, 2017, pp. 1-18. <https://www.tandfonline.com/doi/full/10.1080/00336297.2016.1144517>. Accessed 29 Aug. 2024.
- Taylor, T.L. *Raising the Stakes: E-Sports and the Professionalization of Computer Gaming*. MIT Press, 2012. <https://mitpress.mit.edu/9780262034728/raising-the-stakes/>. Accessed 29 Aug. 2024.
- Fahey, Mike. "The Rise of Esports in Schools: Benefits and Challenges." *Kotaku*, 2021. <https://kotaku.com/the-rise-of-esports-in-schools-benefits-and-challenges-1847032460>. Accessed 29 Aug. 2024.
- Reitman, Jason, et al. "Esports Research: A Literature Review." *Games and Culture*, vol. 15, no. 1, 2020, pp. 32-50. <https://journals.sagepub.com/doi/full/10.1177/1555412019840892>. Accessed 29 Aug. 2024.
- Stone, Lee. "Improving Teamwork in Esports: Strategies and Insights." *Sports Illustrated*, 2022. <https://www.si.com/esports/2022/03/08/improving-teamwork-in-esports>. Accessed 29 Aug. 2024.

Additional Information:

This course framework is designed to integrate traditional e-sports training with holistic health practices to promote overall well-being. The curriculum incorporates elements of physical fitness, mental health, and social responsibility, ensuring a balanced approach to competitive gaming. Emphasis is placed on creating a supportive environment that nurtures both individual growth and teamwork.

Partnerships with local e-sports organizations, such as BCSS and PlayVS British Columbia E-sports, along with their community of mentors, will enhance student learning opportunities by offering real-world insights and career exploration in the growing field of e-sports. The course also aligns with Aboriginal Worldviews and Perspectives, fostering an inclusive and culturally aware gaming environment.