



Through education, we strive to develop students who are responsible, knowledgeable, and confident. By empowering them, we aim to cultivate future leaders who are inspired to contribute meaningfully to both their sport and their community

WHAT IS CHEERFIT?

CHEERFIT 11 & CHEERFIT12
OPEN TO STUDENTS GRADES 8-12 (ALL DISTRICTS)

COURSE DESCRIPTION

CheerFit 11/12 is a high school course delivered entirely online through the Coquitlam Open Learning. This course introduces students to goal-setting and achievement planning. Each student will identify a personal goal and create a customized achievement plan to guide their learning throughout the course. Students can focus on the areas of Cheerleading that interest them most, making the course a highly personalized experience.

In addition to goal-setting, students will:

- Submit progress videos and receive 1:1 coach feedback
- Learn strategies for mental preparation and training
- Explore the basics of nutrition, fitness, and conditioning
- Practice reflective learning to track growth and progress

COURSE CREDITS

Upon successful completion, students will earn 4 credits per course toward graduation. These courses are also included in each student's overall GPA. In some schools, students may even be able to use an online course in place of PE or another elective.

TIME COMMITMENT

CheerFit is a self-guided course. To complete it, students must complete 50 hours of supervised training, which can be spread over 3 to 8 months. Many athletes use team practices, classes, or private sessions to meet this requirement. In addition to their on-field training, students can expect approximately 1 hour of online coursework per week to support their learning and goal-setting.