

The Performance Advantage

AC-ELHS-11 • 1.0 credit • Full Year • High School

Units

Unit 1	The Inner Game: Why the Mind Decides the Match
Unit 2	The Champion's Mind: Confidence, Pressure & the Zone
Unit 3	Seeing It First: Visualization & Mental Rehearsal
Unit 4	Know the Opponent: Studying the Game, Scouting & Mental Preparation
Unit 5	The Measured Game: Sports Analytics & Data
Unit 6	The Daily Grind: Discipline, Habits & the Unseen Hours
Unit 7	The Body as Instrument: Performance Science, Injury & Playing the Long Game
Unit 8	Mental Toughness: Failure, Adversity, Injury & Resilience
Unit 9	Sportsmanship & Team: Character, Humility, Coachability & Serving
Unit 10	The Business of Sport: Money, NIL, Brand & Integrity
Unit 11	The Recruiting Reality: The Numbers, the Process & the Many Ways to Play
Unit 12	Beyond the Scoreboard: Identity, Worth & Who You Are When You Lose
Unit 13	The Final Whistle: Transition, Legacy & Playing for an Audience of One
Capstone	The Whole Athlete