

HEALTH AND PHYSICAL EDUCATION

Healthy Active Living Education

PPL10M (Male) PPL10F (Female)

Grade 9, (Open)

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. They investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs, and participate in activities designed to develop goal-setting, communication, and social skills.

Healthy Active Living Education

PPL20M (Male) PPL20F (Female)

Grade 10, (Open)

This course emphasizes regular participation in a wide variety of enjoyable physical activities that promote lifelong healthy active living. Students will apply movement principles and sport/game strategies to refine skills, actively participate in sports and games to enhance their personal competence and personal fitness. They will investigate and examine issues related to healthy sexuality, healthy eating, substance use and abuse, and will participate in activities designed to apply informed decision-making, conflict resolution and social skills in making personal choices. The concentration in this course will be on small and large group activities.

Prerequisite: None

Personal Fitness

PAF20M (Male) PAF20F (Female)

Grade 10, (Open)

This course emphasizes regular participation in a wide variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn and apply fitness principles to enhance their body awareness and fitness. They will examine issues related to proper training, types of training, healthy eating, substance use and abuse, and healthy sexuality. The concentration of this course will be on fitness activities such as circuit training, weight training and aerobic type activities. Students should be aware that this is a highly active course.

Prerequisite: None

Healthy Active Living Education

PPL30M (Male) PPL30F (Female)

Grade 11, (Open)

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills, and will be given opportunities to practice goal-setting, decision-making, coping, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety. The concentration in this course will be on small and large group activities. There is a \$50 activity fee.

Prerequisite: None

Personal Fitness**PAF3OM (Male) PAF3OF (Female)****Grade 11, (Open)**

This course emphasizes regular participation in a wide variety of fitness activities that promote lifelong healthy active living. Students will learn and apply fitness principles to enhance their body awareness and fitness. They will examine issues related to proper training, types of training, healthy eating, substance use and abuse, mental health and healthy relationships. The concentration of this course will be on fitness activities such as circuit training, weight training and aerobic type activities. Students should be aware that this is a highly active course.

Prerequisite: None

Healthy Active Living Education**PPL4OM (Male) PPL4OF (Female)****Grade 12, (Open)**

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students; interest throughout their lives. Students will develop and implement personal physical fitness plans. In addition, they will be given opportunities to refine their decision-making, conflict-resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others.

Prerequisite: None

Personal Fitness**PAF4OM (Male) PAF4OF (Female)****Grade 12, (Open)**

This course emphasizes regular participation in a wide variety of fitness activities that promote lifelong healthy active living. Students will learn and apply fitness principles to enhance their body awareness and fitness. They will examine issues related to proper training, types of training, healthy eating, substance use and abuse, and decision making skills as a way of enhancing their mental health and their relationships with others. The concentration of this course will be on fitness activities such as circuit training, weight training and aerobic type activities. Students should be aware that this is a highly active course.

Prerequisite: None

Introductory Kinesiology**PSK4UR****Grade 12, (University Preparation)**

This course focuses on the study of human movement and of systems, factors, and principles involved in human development. Students will learn about the effects of physical activity on health and performance, the evolution of physical activity and sports, and the factors that influence an individual's participation in physical activity. The course prepares students for university programs in physical education, kinesiology, recreation, and sports administration.

Prerequisite: Any Grade 11 university or university/college preparation course in science, or any Grade 11 or 12 open course in health and physical education.