

PHYSICAL EDUCATION

PHYSICAL EDUCATION - PE10F

Physical Education 10G is a year-long single credit course offered at the Senior High level which is a required course for graduation.

The intent of the 10G course is to help Senior Years students develop the necessary skills for lifelong physical activity participation and to provide students with the necessary knowledge to assist them in making appropriate decisions regarding the health issues facing the youth today. The skills acquired in this course are based on the fourteen basic movement skills and the five personal and social management skills in a combined and integrated approach blending physical education and health education together.

Topics such as Fitness Management, Goal Setting, Cooperation, Time Management, and a myriad of physical and health related skills are taught under the five General Learning Outcomes of Movement, Fitness, Safety, Personal and Social Management and Healthy Lifestyle practices. Students will be expected to write a final exam upon completion of all health and physical based skills required in the course.

PHYSICAL EDUCATION 20G

Physical Education 20G is a year-long single credit course offered at the Senior High level which is a required course for graduation.

The intent of the 20G course is to help Senior Years students develop the necessary skills for lifelong physical activity participation and to provide students with the necessary knowledge to assist them in making appropriate decisions regarding the health issues facing the youth today. The skills acquired in this course are based on the fourteen basic movement skills and the five personal and social management skills in a combined and integrated approach blending physical education and health education together.

Topics such as Fitness Management, Goal Setting, Cooperation, Time Management, and a myriad of physical and health related skills are taught under the five General Learning Outcomes of Movement, Fitness, Safety, Personal and Social Management and Healthy Lifestyle practices. In addition, other related programs such as Human Performance and Leadership programs may be offered as part of the 20G course.

Students will be expected to write a final exam upon completion of all health and physical based skills required in the course.

PRL31 Physical Recreational Leadership

This course is designed for students specifically in Grade 11 wishing to continue with physical activity, recreational fun and fitness. The program offers a number of field trips into the community making use of a variety of recreational facilities. An \$80.00 course fee will be charged to each participant.

PRL41 Physical Recreational Leadership

This course is designed for the students who have successfully completed their Physical Education credits, the PRL 31 course and who wish to continue in physical education for additional fitness and recreation. The students are expected to take on a visible leadership role within the school or community.

AT31 Advanced Training

This course is designed to provide personal fitness training for students who are motivated to develop and maintain an active lifestyle. Emphasis will be placed on nutrition, training principles, and human anatomy and physiology.

AT41 Advanced Training

This course will build upon information and personal fitness training previously covered in AT 31. Additional topics covered will be exercise physiology, biomechanics, and sports and drugs.

PS31G Performance Sport

Athletes who participate in athletics face an increasing challenge of striving for academic success while pursuing athletic excellence. This course will allow students to focus on their chosen sport within the school day. It will allow students to receive credit for their athletic pursuits, while providing opportunity to train and to better manage their busy schedules. Students will also have the opportunity to examine the theory of their sport in the hopes of developing a more rounded student athlete. The course will develop other areas of the sport including coaching, fitness, injury prevention, and leadership skills, and psychological skills in sport.