

Physical Education / Health 30F

Credit Value: 1.0

Pre-requisites: Physical Education 10G and 20G

Course Description:

This compulsory full-credit course is designed to help youth take greater ownership of their own physical fitness, to encourage them to seek out activities that interest them, and to engage in active lifestyles into their futures. Students will study topics related to fitness management, mental health, substance use and abuse prevention, and the social impact of sport. These topics will make up 25% of the course content. Students will be required to develop and implement the remaining 75% of the course in a personal physical activity plan as part of the physical activity practicum. Students will be introduced to safety and risk management planning to minimize the associated risks of the activities they have chosen. Activities for this plan can be done in class, and activities done on the students own time can also count.

As part of earning a credit for this course, students will be required to submit a personal fitness portfolio containing elements such as a fitness plan, physical activity log, or journal entries. Students will be graded for completion of the course with a Complete or Incomplete designation.