

Physical Education / Health 40F

Credit Value: 1.0

Pre-requisites: Phys. Ed. 10G, 20G, 30F

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, nutrition, sexual health, social/emotional health, and personal development. These topics will make up 25% of the course content. For the remaining 75% of the course, students will be required to develop and implement a personal physical activity plan as part of a physical activity practicum. Students will be introduced to 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.