

HEALTH AND PHYSICAL EDUCATION

Healthy Active Living Education, Grade 9 (Open)

PPL1OG (Female)
PPL1OB (Male)

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

Healthy Active Living Education, Grade 10 (Open)

PPL2OG (Female)
PPL2OB (Male)

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine skills; participation in a variety of activities that enhance personal competence, fitness, and health; examination of issues related to healthy sexuality, healthy eating, substance use and abuse; and the use of informed decision-making, conflict resolution, and social skills in making personal choices.

Healthy Active Living Education, Grade 11 (Open)

PPL3OG (Female)
PPL3OB (Male)

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.

Health for Life, Grade 11 (Open)

PPZ30 (Female only)

This is an alternative physical education course for senior girls. The course offers activities such as: low impact aerobics, yoga, speed walking, biking, skating, community activities and in class topics on nutrition and self-esteem.

Healthy Active Living Education, Grade 12 (Open)

PPL4O

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.

Exercise Science, Grade 12 (University Preparation)

PSE4U

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: PPL3OB or PPL3OG or any grade 11 university science (SBI3U strongly recommended)

Recreation and Fitness Leadership in Outdoor Activities, Grade 12 (Open) PLF4C

This course focuses on the development of leadership and coordination skills related to recreational activities. Students will acquire the knowledge and skills required to plan, organize and implement recreational events. They will also learn how to promote the value of physical fitness, personal well-being, and personal safety to others through mentoring. The course will prepare students for college programs in recreational, leisure, and fitness leadership. Students will be required to make a monetary commitment of a minimum of \$40.00.

Prerequisite: Any Grade 11 or 12 Open course in health and physical education or permission from the instructor.