

Course Outline 33% Phys. Ed.

Vision: The vision is physically active and healthy lifestyles for all students.

Aim: The aim is to provide students with planned and balanced programming to develop the knowledge, skills, and attitudes for physically active and healthy lifestyles.

Module A: Physical Activity Practicum – Personal Activity Plan
(September)

Risk Management
Safety Sheets
Log Sheets

Module B: Fitness Management – Fitness Components
(September)

Intensity Levels and Contribution
to Fitness
Fitness Fads
Fit Consumers
Myths and Facts of Fitness/Activity

Module C: Nutrition – Essential Nutrients

(October/November.) Portions, Serving Size, Calories
Energy Balance-Nutrition Labels
Fad Diets
Healthy Recipes
Food Marketing
Sport Nutrition
Food Safety

Module D: Personal and Social Development – Effective Teams
(November/Dec.)

Leadership Skills
Team/Group Activities
Dance Project

Module E: Healthy Relationships – Healthy and Unhealthy Relationships
(Dec./Jan)

Rights and Responsibilities
Abusive Relationships
Human Sexuality (STI's)

Course Breakdown:

Assessment:

Physical Activity Plan: A complete plan indicates the students activities for the year and how often they plan to do said activities. IF the activity is not listed on the plan, students cannot use it towards their required hours. To have a **complete plan**, students must have their safety sheets for each activity listed. The **student will sign** the plan, get a **parent/guardian** signature and finally get the teacher signature. Once the **teacher** has **signed and dated the plan**, the student can then log hours.

Log Sheets: Student must be able to manage their own fitness and be responsible to log **73** hours of **Moderate to Vigorous** activities by **Jan. 22nd, 2020**.

Mandatory Interviews: Students are required to have **6** with their respective teacher before the end of the semester. The final interview should be to sign off on their hours and check off their final assignments. Students will be marked absent if they do not sign up for, or they skip an interview. They can see teacher ahead of time to reschedule to avoid it.

Mandatory Portfolio: Each student will be given an electronic and paper portfolio. All assignments done in class during mandatory health classes must be in one of those portfolios. If the student is missing assignments, they will **not** receive their complete for the course until it is brought up to date. Final date for completion of the course is **Jan. 30th**.

*If student is falling behind they may be asked to attend the ACC noon hour catch up. If they do not catch up it could mean a loss in credit or a suggestion of taking an alternative option for this credit.

*Students will be assessed mid **October**, if they are not getting work done or attending class regularly they may be removed from the course.

This course is a **CO** (Complete) or **IN** (Incomplete).