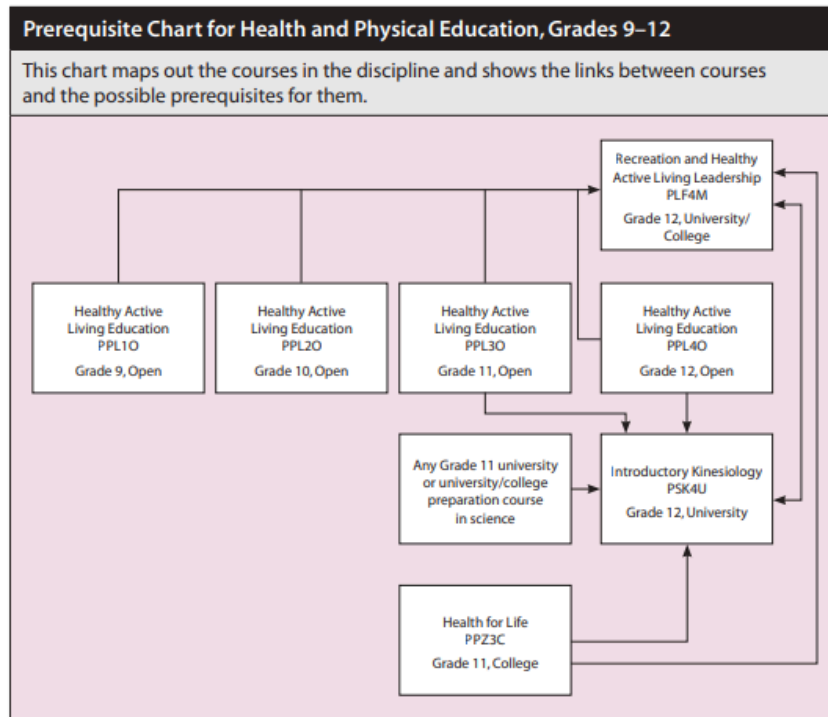


Health & Physical Education Department

COURSE DESCRIPTIONS



Note: Students can take more than one Healthy Active Living Education course for credit in each of Grades 9, 10, 11, and 12.

PPL10 and PPL20

Healthy Active Living Education (Gr 9 & 10)

In these classes you will participate in a wide variety of sports and activities. The focus is on developing fundamental skills and learning rules/basic game strategy for each sport category: Target Games, Invasion Territory, Net/Wall and introductory fitness using proper form.

These courses also include two units in the pool where you will begin to feel comfortable in the water and begin learning how to swim.

Health units include: Nutrition, Personal Health & Wellness, Consent, Conflict Resolution, Personal Safety, and Healthy Relationships & Sexuality

PPL30 and PPL40

Healthy Active Living Education (Gr 11 & 12)

These classes will be full of sports and activities and how you will learn more advanced level skills and game strategies as a focus point. These courses may also include some time in the fitness room to gain some familiarity with the equipment and space.

These courses will also have two units in the pool where you will continue to learn how to swim and enjoy other aquatic activities.

Health units include: Opioids/Marijuana/Vaping, Reproductive Health, STIs, Contraceptive Methods, Healthy Relationships, and Independent Studies/Presentations

PAF3O and PAF4O

Personal and Fitness Activities (Gr 11 & 12)

These classes are great if you are interested in learning more about personal and fitness pursuits. Classes primarily take place in the Fitness Room but may spend time in other physical education spaces like the pool, gym, field and outdoors.

Health units include: Injury Prevention, Supplements, Steroids, and Nutrition Planning

PSK4U

Introduction to Kinesiology (Gr 12)

In Introductory Kinesiology, you will learn about the human body and how to perform movements safely and efficiently to improve sports performance and decrease the risk of injuries. Through lessons, research, collaborative activities and labs in the weight room, this course will prepare you for the rigour of post-secondary programs such as kinesiology, health sciences, health studies, recreation and sports administration.

Units include: Anatomical terminology, anatomy and physiology, biomechanics, human development, and social issues in sports and physical activity.