Health and Physical Education

Course**: Grade 12 Kinesiology**

Course Code: **PSK4U**

General Course Information

Prerequisite: Grade 11U/M Science Course OR Grade 11 or 12 HPE Course

Department:

Teacher	TDSB Email
Ms. Chamberlain	anne.chamberlain@tdsb.on.ca
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Course Description

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 sport, and the physiological, psychological, and social factors that influence an individual's participation in physical activity and sport. The course prepares students for university programs in physical education and health, kinesiology, health sciences, health studies, recreation, and sports administration. Students will also become aware of issues of social justice - anti-racism, anti-classism, anti-sexism, anti-ableism, and anti-homophobia - which are important in building students' critical thinking skills.

Strands of Study:

Strand 1: Physical Activity and Sport Activity and Sport in Society

Overall Expectations:

1. Demonstrate an understanding of how the social and cultural significance of physical activity and sport has evolved historically, and analyze current social issues relating to physical activity and sport.
2. Demonstrate an understanding of the individual and social benefits of participation in physical activity and sport and the factors that enable and constrain participation.

Strand 2: The Basis of Movement

Overall Expectations:

1. Describe the structure and function of major body systems involved in human movement, and demonstrate an understanding of related anatomical and physiological concepts and theories.
2. Demonstrate an understanding of and assess factors that affect performance during human movement.

Strand 3: Biomechanics and Motor Development

Overall Expectations:

1. Demonstrate an understanding of the phases of movement and of physical laws and biomechanical principles related to improving movement.
2. Demonstrate an understanding of human growth and motor development and apply it to the design of age-appropriate movement activities and to the enhancement of movement skills.

Textbook: Termertzoglou, T. (2015). Kinesiology: An Introduction to Exercise Science. TORONTO: Thompson Educational Publishing Inc.

Workbook*: Termertzoglou, T. (2015). Kinesiology: An Introduction to Exercise Science, Student Workbook REVISED EDITION. TORONTO: Thompson Educational Publishing Inc.

***** There is a $20.00 fee for the workbook. Students are strongly encouraged to purchase a workbook.

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Assessment and Evaluation

Formative Evaluation: 70% of the final mark will be based on assessments and evaluations conducted throughout the first 16 units of the course. Units will be evaluated using the achievement categories as outlined in Growing Success 2010. .

Achievement Categories:

Application (25%)	Tests, Quizzes, Participation, concept applications to practical examples
Knowledge (25%)	Tests, assignments, presentations
Thinking (25%)	Concept comprehension, tests, assignments, reflections
Communication (25%)	Group assignments, presentations, class discussions, reflections

Summative Evaluation: 30% This culminating assessment will be weighted as in the above categories.

*Should a student miss all or part of the scheduled final evaluation activities, the student will forfeit whatever portion of the thirty percent that was not completed. In extenuating circumstances (e.g., illness, death in the family, etc.) the principal shall determine an alternative resolution for a missed final evaluation.

Late and/or Missing Summative Assessment Assignments: Late and/or missed assignments do impact the student's grade. For more detailed information about late and missed assignments and academic misconduct (skipping, cheating, and plagiarism) refer to the Procedure for Dealing with Academic Misconduct and Late and Missing Assignments.

Final Exam – 15% - 20% of Summative done during the scheduled exam days

ISU – 10-15% of Summative done during the last portion of the course

In addition to students' performance in the achievement categories, students will also be assessed on their performance in the following **Learning Skills**:

- Responsibility
- Organization
- Independent Work
- Collaboration
- Initiative
- Self-Regulation