

	<p style="text-align: center;"><b>Grade 12 Introductory Kinesiology PSK4U</b></p>	<p style="text-align: center;">Inspired Education. Inspiring Students.</p>
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**Teacher:**      **\*\*Teacher Name\*\***

**Prerequisite Course:** Any Grade 11 university or university/college preparation course in science, or any Grade 11 or 12 in health and physical education

**Description and Overall Expectations:** 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.

**Physical Activity and Sports in Society:** demonstrate an understanding of how the social and cultural significance of physical activity and sport has evolved historically, and analyse current social issues relating to physical activity and sport; demonstrate an understanding of the individual and social benefits of participation in physical activity and sport and the factors that enable and constrain participation.

**The Basis of Movement:** 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; demonstrate an understanding of and assess factors that affect performance during human movement.

**Biomechanics and Motor Development:** demonstrate an understanding of the phases of movement and of physical laws and biomechanical principles related to improving movement; 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

**Course Resources:**      [Key resource\(s\) along with supplementary resources / digital tools and sites / passwords; include replacement cost for resources if lost/damaged.](#)

**Catholic Graduate Expectations:** Our goal for all students is to experience an education based on our Catholic Graduate Expectations. (<http://www.iceont.ca>) We work in community to develop graduates that are:

- Discerning Believers Formed in the Catholic Faith Community
- Effective Communicators
- Reflective and Creative Thinkers
- Self-Directed, Responsible, Life-Long Learners
- Collaborative Contributors
- Caring Family Members
- Responsible Citizens

**Assessment, Evaluation and Reporting:** The primary purpose of assessment and evaluation is to improve student learning. Students will understand what is expected of them, using learning goals, and success criteria, based on the overall expectations. Feedback (self, peer, teacher) supports learning, and plays a critical role in academic achievement and success.

The development of learning skills and work habits is a key indicator of future success. The following learning skills and work habits will be developed, assessed, and reported during this course:

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|---------------------|--|
| 1. Responsibility   | fulfills responsibilities and commitments ( <i>e.g. accepts and acts on feedback</i> )     |
| 2. Organization     | manages time to complete tasks and achieve goals ( <i>e.g. meets goals, on time</i> )      |
| 3. Independent work | uses class time appropriately to complete tasks ( <i>e.g. monitors own learning</i> )      |
| 4. Collaboration    | works with others, promotes critical thinking ( <i>e.g. provides feedback to peers</i> )   |
| 5. Initiative       | demonstrates curiosity and an interest in learning ( <i>e.g. sets high goals</i> )         |
| 6. Self-Regulation  | sets goals, monitors progress towards achieving goals ( <i>e.g. sets, reflects goals</i> ) |

Group work supports collaboration, an important 21<sup>st</sup> century skill. This will be assessed only as a learning skill. Homework may also be assessed as a learning skill. Evaluation completed in class will be based only on individual student work. Regular attendance is important to support group work, various forms of feedback, and to allow students to demonstrate evidence of their learning. Students are responsible for providing evidence of their own learning (with references where required), in class, within given timelines. Next steps in response to academic integrity issues, such as lack of work completion, plagiarism, or other forms of cheating, range from providing alternate opportunities, to a deduction of marks.

The achievement chart identifies four levels, based on achievement of the overall expectations:

Level 1	achievement falls below the provincial standard	(50-59%)
Level 2	achievement approaches the provincial standard	(60-69%)
Level 3	achievement is at the provincial standard	(70-79%)
Level 4	achievement surpasses the provincial standard	(80-100%)

The report card grade will be based on evidence of student performance, including observations, conversations and student products. Consideration will be given to more recent evidence (skill development) and the most consistent level of achievement.

#### **Mark Breakdown:**

Term Work (70%) will include a variety of assessment tasks designed to demonstrate students' development in their knowledge and understanding, thinking and inquiry, communication and application, of all overall expectations.

Summative evaluation (30%) takes place towards the end of the semester, is completed in class, and provides the final opportunity for students to demonstrate what they know, and the skills they have learned, based on the overall expectations. In PSK4U, the summative evaluation will consist of a rich summative assessment task (105%) and a final exam (15%)

**Awarding of Course Credit:** Students who demonstrate evidence of achievement of overall expectations, **and** earn a mark of 50% or greater, will earn one credit for the course with the following exception:

Students who do not complete their summative evaluation (exam and/or end of year summative task) will not earn their credit regardless of their mark.

#### **Student and Parent/Guardian Acknowledgement**

We have read the above course outline and are aware of the student responsibilities to attend class on a regular basis and to provide evidence of learning within the established timelines.

Student's Name (print): \_\_\_\_\_ Student's Signature: \_\_\_\_\_

Parent/Guardian Name (print): \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_