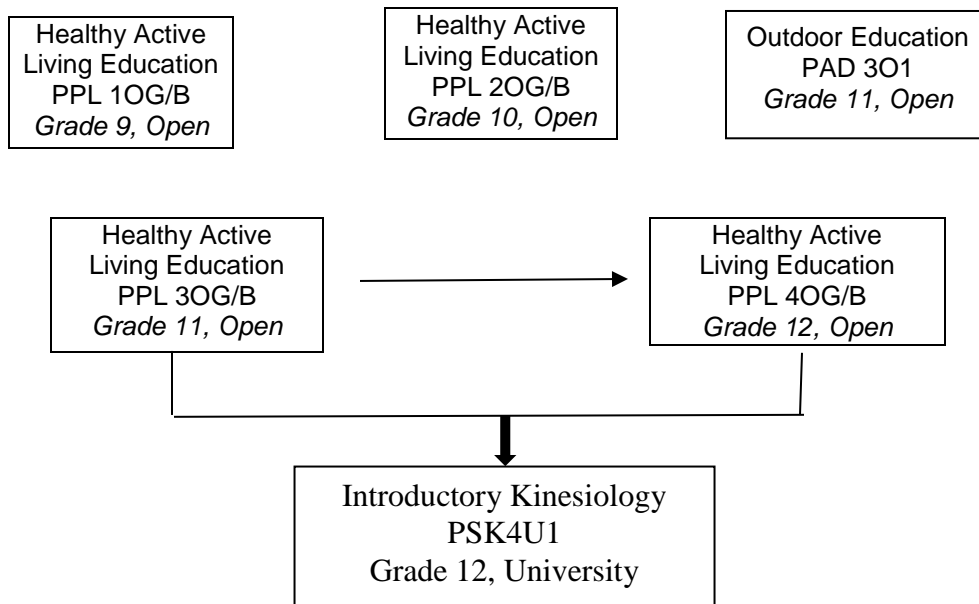


PHYSICAL AND HEALTH EDUCATION

Prerequisite Chart for Health and Physical Education

This chart maps out all the courses in the discipline and shows the link between courses and the possible prerequisites for them.

It does not attempt to depict all possible movements from course to course.



Healthy Active Living Education PPL 1OG (FEMALE) PPL 1OB (MALE) (OPEN)

This course emphasizes students' daily participation in a variety of enjoyable physical activities that promote life-long 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. Proper attire for physical activity is required.

Healthy Active Living Education PPL 2OG (FEMALE) PPL 2OB (MALE) (OPEN)

This course emphasizes regular participation in a variety of enjoyable physical activities that promote life-long 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. Proper attire for physical activity is required.

Outdoor Education PAD 3O1 (OPEN)

This course will focus on the development of personal and leadership skills for participation in a variety of outdoor recreational activities. These skills include self-reliance, ethics, personal development, decision making, teamwork, and planning. It will also serve as an introduction to a wide variety of outdoor activities such as; canoeing, hiking, snowshoeing, rock climbing, and others that promote lifelong, healthy, active living. Students will acquire knowledge and skills related to the environment in which these activities take place in order to minimize the impact of those activities on the environment. Students will be expected to actively participate in outdoor excursions throughout the course including at least one overnight and one multi-day back-country canoe trip. If possible, students will earn industry standard certifications including: ORCKA level 1 (Basic Canoeing), GPS (Green Check level1), Leave No Trace Camping Techniques, Boat smart (Pleasure Craft Operator), WHIMIS, and standard First-Aid and CPR.

Healthy Active Living Education PPL 30G (FEMALE) PPL 30B (MALE) (OPEN)

*** If enrolment numbers are low, male and female classes will be combined.**

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. The learning in this program is enhanced by field trips, and a fee may be collected to offset the cost of these optional activities.

Healthy Active Living Education PPL 40G (Female) PPL 40B (Male) (OPEN)

*** If enrolment numbers are low, male and female classes will be combined.**

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. The learning in this program is enhanced by field trips, and a fee may be collected to offset the cost of these optional activities.

Introductory Kinesiology PSK 4U1 (UNIVERSITY)

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. (Possibly offered through e-learning for 2019-2020)

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

