



Cardinal Leger Secondary School

Department of Physical and Health Education

Course Name: Healthy Active Living Education

Course Code: PSK4U

Level: Grade 12

Room: TBA

Ministry Guidelines: 2015 Revised

Course Enhancement Fee: TBA

Course Overview:

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. This course helps students to meet the Ontario Catholic School Graduate Expectations by enabling each person to become participants in leisure and fitness activities for a balanced and healthy lifestyle.

Curriculum Strands and Overall Expectations:

- 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.
- 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.
- 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.



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Evaluation:

Place a description here.....

Term Work	70%
Knowledge and Understanding	25%
Thinking	25%
Communication	25%
Application	25%
Final Assessment	30%
Culminating Task	10%
Final Exam	20%
Course Total	100%

Learning Skills and Work Habits

E= Excellent G=Good S=Satisfactory N= Needs Improvement

Responsibility	<ul style="list-style-type: none"> Fulfills responsibility and commitments. Takes responsibility for and manages own behavior.
Organization	<ul style="list-style-type: none"> Devises and follows a plan and process for completing tasks. Establishes priorities and manages time
Independent Work	<ul style="list-style-type: none"> Independently monitors, assesses, and revises plans to complete tasks and meet goals. Uses class time to complete tasks.
Collaboration	<ul style="list-style-type: none"> Accepts various roles and an equitable share of work in a group. Builds healthy peer-to-peer relationships.
Initiative	<ul style="list-style-type: none"> Looks for and acts on new ideas and opportunities. Approaches new tasks with a positive attitude.
Self-Regulation	<ul style="list-style-type: none"> Sets own goals and monitors progress towards achieving them. Seeks clarification or assistance when needed.

Missed/Late/Incomplete Assignments

It is the student's responsibility to address missed, late, or incomplete assignments. Students are expected to complete assignments and to adhere to assignment deadlines as follows:

Due Date	10% Penalty Zone	Closure Date
A due date is set by the teacher.	1 school day late – 3% 2 school days late – 6% 3 school days late – 10% Maximum penalty of 10%	Once the closure date has passed, work is considered incomplete and a mark of zero applies.

Parent Signature: _____ Student Signature: _____