

## Health and Physical Education

### Healthy Active Living Education (Female)

**PPL10F**

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. 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. Area of Focus: The learning expectations of Healthy Active Living Education (PPL 10) course outline the knowledge, skills and health areas that students are expected to demonstrate by the end of each course. Schools may offer focus-courses options for a particular group of physical activities as the vehicle through which students will attain the expectations. Possible focus options are listed below. Students may select any number of Focus Options at the same grade level each year.

**CREDIT:** 1

**TYPE:** Open

**GRADE:** 9

### Healthy Active Living Education (Male)

**PPL10M**

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. 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.

**CREDIT:** 1

**TYPE:** Open

**GRADE:** 9

### Personal and Fitness Activities (Female) "Spartacus"

**PAF20F**

This course emphasizes regular participation in a variety of enjoyable fitness activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine their skills, participation in a variety of fitness activities (e.g. aerobics, fitness training, self-defense etc) that enhance personal competence and health, and examination of issues related to healthy living. Reference should be made to the Healthy Active Living Education open course description for Grade 10 health curriculum expectations.

**CREDIT:** 1

**TYPE:** Open

**GRADE:** 10

### Personal and Fitness Activities (Male) "Spartacus"

**PAF20M**

This course emphasizes regular participation in a variety of enjoyable fitness activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine their skills, participation in a variety of fitness activities (e.g. aerobics, fitness training, self-defense etc) that enhance personal competence and health, and examination of issues related to healthy living. Reference should be made to the Healthy Active Living Education open course description for Grade 10 health curriculum expectations.

**CREDIT:** 1

**TYPE:** Open

**GRADE:** 10

### Healthy Active Living Education (Male)

**PPL20M**

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong 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.

**CREDIT:** 1

**TYPE:** Open

**GRADE:** 10

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### **Personal and Fitness Activities (Female) "Spartacus"**

**PAF30F**

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, and personal safety. Improved physical fitness through aerobic and weight training is the main objective of this course.

**CREDIT:** 1

**TYPE:** Open

**GRADE:** 11

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### **Personal and Fitness Activities (Male) "Spartacus"**

**PAF30M**

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, and personal safety. Improved physical fitness through aerobic and weight training is the main objective of this course.

**CREDIT:** 1

**TYPE:** Open

**GRADE:** 11

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### **Healthy Active Living Education: Hockey and Fitness focussed**

**PAL301**

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy living. Student learning will include 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.

**CREDIT:** 1

**TYPE:** Open

**GRADE:** 11

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### **Healthy Active Living Education**

**PPL401**

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.

**CREDIT:** 1

**TYPE:** Open

**GRADE:** 12

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### **Exercise Science**

**PSE4U1**

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 sports, and the factors that influence an individual's participation in physical activity. The course prepares students for university programs in physical education, kinesiology, recreation, and sports administration.

**CREDIT:** 1

**TYPE:** University

**GRADE:** 12

**PREREQUISITE:** Any Grade 11 University or University/ College preparation course in Science or any

Grade 11 or 12 open course in Health and Physical Education