

PHYSICAL & HEALTH EDUCATION

PHYSICAL & HEALTH EDUCATION 9	MPHE—09	Supplemental Fee: \$15.00
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The learning standards of Physical and Health Education (PHE) 9 are designed to develop educated citizens who have the knowledge, skills, and understandings they need to be safe, active, and healthy citizens throughout their lives. PHE curriculum focuses on competencies that support life-long learning—competencies that can contribute to personal lives and career aspirations. An underlying principle of the PHE curriculum is that students must be active in creating, assessing, and applying what they learn to their daily lives. The focus on lifelong safety, physical activity, and health is valuable for both the individual student and for society as a whole. All PHE students are required to wear clothing and footwear appropriate for the activity. Proper clothing consists of shorts, T-shirt and running shoes (indoor and outdoor footwear); optional sweat/track suit for outside activities. Due to safety and health concerns, students without proper PE clothing and footwear will not be allowed to participate in the activity. Community facilities (e.g. Ron Andrews Rec. Centre) will be used for some activities that our facilities may not provide. Alternate assignments and/or activities that address the learning standards can be provided.

PHYSICAL & HEALTH EDUCATION 10 (ACTIVITY & SPORTS) OR PHYSICAL & HEALTH EDUCATION 10 (FITNESS & CONDITIONING)*	MPHED10 MPHED10C	Supplemental Fee: \$15.00
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**Will run in conjunction with fitness & conditioning 11/12-see description below.*

Physical and Health Education 10 is designed to develop educated citizens who have the knowledge, skills, and understandings they need to be safe, active, and healthy citizens throughout their lives. PHE curriculum focuses on competencies that support life-long learning—competencies that can contribute to personal lives and career aspirations. An underlying principle of the PHE curriculum is that students must be active in creating, assessing, and applying what they learn to their daily lives. The focus on lifelong safety, physical activity, and health is valuable for both the individual student and for society as a whole. All PHE students are required to wear clothing and footwear appropriate for the activity. Proper clothing consists of shorts, T-shirt and running shoes (indoor and outdoor footwear); optional sweat/track suit for outside activities. Due to safety and health concerns, students without proper PE clothing and footwear will not be allowed to participate in the activity. Alternate assignments and/or activities that address the learning standards can be provided.

**Students taking the Fitness and Conditioning in grade 10 will earn credit for their required Physical and Health Education 10 course. This course will cover learning outcomes: safety, leadership, movement, and healthy living. The course will also cover short and long term consequences of health decisions and various aspects of physical, emotional and social well-being.*

FITNESS & CONDITIONING 11	MFTCD11	Supplemental Fee: \$15.00
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The course is designed for all students. This course is designed to give students the opportunity to learn fitness concepts and conditioning techniques used for obtaining optimal physical fitness. It is also beneficial for athletes who would like to become much more competitive in their activity(s) of choice. Students will benefit from comprehensive weight training and cardio respiratory endurance activities. Students will learn the basic fundamentals of strength training, aerobic training, and overall fitness training and conditioning. The course includes both lecture and activity sessions. Students will be empowered to self-regulate, self-assess, set goals, make wise choices, meet challenges, and develop positive behaviours in fitness, wellness, and movement activity for a lifetime.

FITNESS & CONDITIONING 12	MFTCD12	Supplemental Fee: \$15.00
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The course is designed for all students. This course is designed to give students the opportunity to learn fitness concepts and conditioning techniques used for obtaining optimal physical fitness. It is also beneficial for athletes who would like to become much more competitive in their activity(s) of choice. Students will benefit from comprehensive weight training and cardio respiratory endurance activities. Students will learn the basic fundamentals of strength training, aerobic training, and overall fitness training and conditioning. The course includes both lecture and activity sessions. Students will be empowered to self-regulate, self-assess, set goals, make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.

ACTIVE LIVING 11 (11/12 COMBINED)	MACLV11	Supplemental Fee: \$15.00
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This course will involve proper physical movement patterns, including non-locomotor, locomotor, and manipulative skills; ways to monitor and adjust physical exertion levels; rules and guidelines for different types of sports and activities; physical activity safety and etiquette. Some examples will be fitness, minor games, territory and invasion games and team and individual pursuits. Students will develop leadership skills for organizing and supervising activities. Students will discover the benefits of physical activities for health and mental well-being, the roles of various nutrients and how they can affect health and performance; injury prevention and management, potential consequences of health decisions.

ACTIVE LIVING 12 (11/12 COMBINED)	MACLV12	Supplemental Fee: \$15.00
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This course will involve proper physical movement patterns, including non-locomotor, locomotor, and manipulative skills; ways to monitor and adjust physical exertion levels; rules and guidelines for different types of sports and activities; physical activity safety and etiquette. Some examples will be fitness, minor games, territory and invasion games and team and individual pursuits. Students will develop leadership skills for organizing and supervising activities. Students will discover the benefits of physical activities for health and mental well-being, the roles of various nutrients and how they can affect health and performance; injury prevention and management, potential consequences of health decisions.

BA KINESIOLOGY 11	YHRA-1C	Supplemental Fee: \$10.00
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Kinesiology 11 is an academic discipline which involves the study of physical activity and its impact on health, society, and quality of life. Students in kinesiology will gain a deep understanding of the human body and how it functions during times of health and illness. This course will provide a foundation for students interested in pursuing exercise science at the post-secondary level involving areas of study as exercise science, athletic training and sports medicine, fitness leadership, and pre-professional training for physical therapy, occupational therapy, medicine and other health related fields. Students will have the opportunity to expand on previously learned concepts and explore new competencies which will expose them to different ways of knowing as they focus on their own holistic development. Course Goals: Students in Kinesiology 11 will:

- Develop a deeper understanding of the complex interactions taking place within the human musculoskeletal system
 - Develop the knowledge and skills require to diagnose, analyze, and treat sport-related injuries
 - Gain a deeper understanding of the health related components of fitness and their effects on a population
 - Critically analyze personal lifestyle choices related to nutrition and wellness
 - Create an in-depth personal profile identifying various factors that may affect overall health and well-being
- Kinesiology 11 is a course that can provide a foundation and framework for a student to explore post-secondary opportunities within the field of human kinetics.

LEADERSHIP 11	YED - -1B	Supplemental Fee: \$10.00
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This course deals with the theoretical and practical understanding of human relations and the application of leadership. Time in class will be spent on the concepts of different leadership models, analyzing leadership styles through self-reflection, classroom conversation and practical exploration of concepts. An emphasis of the class will be on how to implement the concepts within the school environment, their everyday life, and future opportunities. Students will investigate different communication strategies and apply them in a variety of environments. The student will develop peer-helping skills, practice public speaking and organize/run school and/or community events.

Students will take on leadership roles in the following areas:

- Windsor and/or Elementary programs: e.g. basketball, Volleyball, reading with elementary students. There will be student input on selection and execution of leadership opportunities within Windsor and our feeder programs.
- Community- Organize and execute selected events in both the school and surrounding communities and volunteer for local events. There will be student input on selection and execution of leadership opportunities within the community.

This course is open to students in grades 11 and 12.