

**PPL 103 : Grade 9 Girls Phys-ed**

Prerequisite: None

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco and other drugs. They will participate in activities designed to develop goal setting, communication and social skills. Some physical activities students will participate in include volleyball, field games, dance, fitness, self defense and badminton.

*\$35 will be charged to pay for outside instructors.*

*There is a mandatory physed uniform.*

**PPL 104: Grade 9 Boys Phys-ed**

Prerequisite: None

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco and other drugs. They will participate in activities designed to develop goal setting, communication and social skills. Some physical activities students will participate in include basketball, field games, floor hockey, fitness, rock climbing and badminton.

*\$35 will be charged to pay for outside instructors.*

*There is a mandatory physed uniform.*

**PPL 203: Grade 10 Girls Phys-ed**

Prerequisite: None

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will investigate issues related healthy sexuality, healthy eating, substance use and abuse. They will participate in activities designed to develop decision-making, conflict resolution and social skills in making personal choices. Some physical activities students will participate in include rock climbing, fitness, field games, basketball and tennis.

*\$40 will be charged to pay for outside instructors.*

*There is a mandatory physed uniform.*

**PPL 204: Grade 10 Boys Phys-ed**

Prerequisite: None

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will investigate issues related to healthy sexuality, healthy eating, substance use and abuse. They will participate in activities designed to develop decision-making, conflict resolution and social skills in making personal choices. Some physical activities students will participate in include self defense, fitness, field games, basketball and tennis.

*\$40 will be charged to pay for outside instructors.*

*There is a mandatory physed uniform.*

**PAF 20F: Grade Ten Girls Personal Fitness and Wellness**

Prerequisite: None

This is a fun, active, hands on course that introduces students to potential life long activities that will improve their personal fitness and wellness. Activities include Pilates, Yoga, Box Aerobics, Step Aerobics, Weight and Resistance Training, Belly Dancing, Rock Climbing, Fit Walking and Jogging and Stability Ball. Topics of interest covered in health include Wellness and Nutrition.

*\$60 will be charged to pay for outside instructors.*

**PAF 20M: Grade 10 Boys Introduction to Personal Fitness and Weight Training**

Prerequisite: None

This course focuses on the development of a healthy lifestyle and participation of enjoyable physical activities that have the potential to engage students' interests throughout their lives. Students will be given opportunities to practice goal-setting, decision-making, coping, social and interpersonal skills. Students will also study the components of fitness and personal safety. Improved physical fitness through an introduction of varied aerobic and weight training exercises are the main objectives of this course. Success is dependent on the student being strongly motivated to improve their personal fitness.

*\$20 will be charged to offset the cost of equipment maintenance and/or outside instruction.*

**PAF 30F: Grade 11 Girls Personal Fitness Activities**

Prerequisite: None

Improved personal fitness through a variety of fun, fitness based activities is the main objective of this course. Activities include; Strength training, Resistance training, Spinning, Aqua Fit, Belly Dancing, Yoga, Pilates, Cardio Salsa, Stability Ball, BOSU Ball, Step aerobics, Slide, Boxercise, and Circuit Training. Students have the opportunity to develop a fitness program that is specific to their likes and interests. Success in this course requires the student to be self-motivated.

*\$45 will be charged to pay for outside instructors*

**PPL 301: Grade 11 Open Elective Physical and Health Education**

Prerequisite: None

This course focuses on the development of a healthy, active lifestyle in a variety of enjoyable physical activities available in the community. Students will have the opportunity to choose from a variety of activities which include broom ball, badminton, golf, tennis, bowling, curling; as well as a number of traditional team sports such as basketball, volleyball, badminton and field games. Health topics covered will include components wellness and personal fitness.

*Fees range from \$100-\$200 depending on the students activity interest.*

### **PAF 30M: Grade 11 Boys Personal Fitness and Weight Training**

Prerequisite: None

This course focuses on the development of a healthy lifestyle and participation of enjoyable physical activities that have the potential to engage students' interests throughout their lives. Students will be given opportunities to practice goal-setting, decision-making, coping, social and interpersonal skills. Students will also study the components of fitness and personal safety. Improved physical fitness through aerobic and resistance training are the main objectives of this course. Success is dependent on the student being strongly motivated to improve their personal fitness.

*\$20 will be charged to offset the cost of equipment maintenance and/or outside instruction.*

### **PPL 307: Grade 11, Open: Hockey Canada Skills Academy: Competitive/Recreational Hockey Program,**

Prerequisite: None

This course emphasizes regular participation in a variety of hockey related physical activities that promote the development of on-ice skills as well as overall fitness with an emphasis on hockey skill development. Student learning will include the application of movement principles to refine skills; participation of a variety of on-ice and off-ice 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.

*Note: A course fee of approximately \$400 is payable at the start of the semester. The fee is subject to change depending on licensing fees, the cost of ice time, and other variables. Financial assistance may be available.*

### **PAD 301: Grade 11 Open Healthy Active Living: Outdoor Education and Recreation**

Prerequisite: None

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 recreational activities, and be given opportunities to practice goal setting, decision-making, coping, social, and interpersonal skills. Application of these principles will be taken to various outdoor settings. In-class aerobic training will include running for at least 40 minutes, and cycling for 50-120 minutes.

Activities may include day hikes, weekend bike rides, backpacking, fitness club excursions, mountain biking, snow shoeing and downhill/cross country skiing. Health topics will include first aid, principle of fitness, athletic injuries, and basic anatomy and physiology.

Students must be prepared supply the necessary personal equipment for the activities, e.g. Students will need a good pair of jogging shoes, proper clothing for outdoor activities in various types of weather. Some of the activities will require a fee. To facilitate hikes on the local trails, and longer cycling excursions, at times students will be required to attend double classes which begin early in the morning.

*A minimum fee of \$50 - \$75 should be expected, although a higher fee is more likely*

### **PAL 301: Large Group Activities: Volleyball**

Prerequisite: Grade 9 and Grade 10 Phys-ed

This course focuses on the sport of volleyball. Students will learn the fundamentals of the game as well as intermediate to advanced volleyball concepts. Students will develop the skills and knowledge to become better players, coaches and officials of the game. After completing the course, students will have obtained their level 1 technical certification for coaching and local official's certification. This course is designed for the novice as well as the experienced volleyball player.

*A fee of at least \$50 should be expected.*

### **PPL 401: Grade 12 Open: Elective Physical and Health Education**

Prerequisite: None

This course focuses on the development of a healthy, active lifestyle in a variety of enjoyable physical activities available in the community. Students will have the opportunity to choose from a variety of activities which include broom ball, badminton, golf, tennis, bowling, curling; as well as a number of traditional team sports such as basketball, volleyball, badminton and field games. Health topics covered will include interpersonal skills and personal fitness.

*Fees range from \$50-\$200 depending on the students activity interest.*

### **PAF 40M: Grade 12 Boys Personal Fitness and Weight Training**

Prerequisite: Recommended PAF 30M

This course focuses on the development of a healthy lifestyle and participation of enjoyable physical activities that have the potential to engage students' interests throughout their lives. Students will be given opportunities to practice goal-setting, decision-making, coping, social and interpersonal skills. Students will also study the components of fitness and personal safety. Improved physical fitness through aerobic and resistance training are the main objectives of this course; including the introduction of more advanced exercises and weight training techniques. Success is dependent on the student being strongly motivated to improve their personal fitness.

*\$20 will be charged to offset the cost of equipment maintenance and/or outside instruction.*

## **PAD 401: Grade 12 Open: Healthy Active Living Outdoor Education and Recreation**

Prerequisite: Recommended PAD 301

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 recreational activities, and be given opportunities to practice goal setting, decision-making, coping, social, and interpersonal skills. Application of these principles will be taken to various outdoor settings. In-class aerobic training will include running for at least 40 minutes, and cycling for 50-120 minutes.

Activities may include day hikes, weekend bike rides, backpacking, fitness club excursions, mountain biking, snow shoeing and downhill/cross country skiing. Health topics will include first aid, principle of fitness, athletic injuries, and basic anatomy and physiology.

Students must be prepared supply the necessary personal equipment for the activities, e.g. Students will need a good pair of jogging shoes, proper clothing for outdoor activities in various types of weather. Some of the activities will require a fee. To facilitate hikes on the local trails, and longer cycling excursions, at times students will be required to attend double classes which begin early in the morning.

*A minimum fee of \$50 - \$75 should be expected, although a higher fee is more likely*

## **PAF40F: Grade 12 Girls Personal Fitness and Wellness**

Prerequisite: Recommended PAF 30F

In this course students will have the opportunity to maintain or improve their personal well being through fitness activities that are predominately mind-body oriented. Activities include Yoga, Pilates, Tai Chi, Resistance training, Stability Ball, Spinning, Aqua Fit, Slide, Step Aerobics, Circuits, Belly Dancing, Cardio Salsa, Boxing and BOSU training. This course provides the possibility of fitness instructor certification pre-training for any students interested in teaching fitness or personal training. This is a great course for those students interested in Lifestyle Coaching, Personal Training, Fitness and Lifestyle Management at College, or those interested in PHE, Nursing, or Nutritional Science at the University level.

\$ 45 will be charged to pay for outside instructors

## **PAL 401:Grade 12 Open: Adaptive Health and Education**

Prerequisite: None

This course integrates health and physical education leadership with special needs students of the same age. The program provides an opportunity for the students in the Senior Associated class to interact with young adults of their own age group through a variety of physical activities. For the physical education student, there is an opportunity

to learn about and observe how physical education and recreation are adapted to serve the needs of individuals with exceptionalities. Students are not required to excel in sports to enroll in this class but should have some prior knowledge of basic skills.

**PSE 4U1: Grade 12 University Exercise Science**

Prerequisite: Any grade 11 University or University/College preparation course in science, or any Grade 11 or Open course in Health and Physical Education.

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 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.

*A fee of \$25 is charged for a class workbook*