

Henry Street High School

PSE 4U1

Exercise Science, Grade 12 University

COURSE OUTLINE

COURSE DESCRIPTION

Exercise Science focuses on the study of human movement and of systems, factors, and principles involved in human movement. This course is designed to peak intellectual curiosity and to apply analytical and critical thought to concepts related to human movement and well-being. In addition, this course aims to foster enthusiasm for an active and healthy lifestyle and to emphasize the importance of effective lifestyle practices.

UNITS OF STUDY

Units of study include all of the following:

Bones
Joints
Muscles
Exercise Physiology
Nutrition
Sports Injuries
Fitness Assessment

ASSESSMENT AND EVALUATION

TERM 70%

You will be given numerous and varied opportunities to demonstrate your achievement of the expectations across these four categories:

- | | |
|-------------------------------|-----|
| - Knowledge and Understanding | 30% |
| - Thinking and Inquiry | 25% |
| - Communication | 20% |
| - Application | 25% |

FINAL EVALUATION 30%

- | | |
|--------------|-----|
| - ISU | 10% |
| - Final Exam | 20% |

OTHER INFORMATION

This course would be an asset to anyone who is looking to get into Physical and Health Education, Nursing and or any occupation involving the study of the human body.