

# HEALTH AND PHYSICAL EDUCATION GRADE 12

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### Healthy Active Living Education

#### Grade 12, Open

**PPL4O**

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.

**Prerequisite: None**

### Personal and Fitness Activities

#### Grade 12, Open

**PAF4O**

This course focuses on the development of a healthy lifestyle with an emphasis on physical fitness activities including weight training, crossfit and cardiovascular (aerobic) workouts . Students will be encouraged to develop personal competence in a variety of fitness movement skills and will develop and implement a personal physical fitness plan. Students will also be given opportunities to practice goal setting, decision making, social and interpersonal skills. Students will also study the components of healthy nutrition and how it contributes to mental health. This course helps students meet the Ontario Catholic Graduate Expectations by enabling each student to develop a confident and positive sense of self and respect for others while participating in leisure and fitness activities for a balanced and health lifestyle.

**Prerequisite: None**

### Exercise Science

#### Grade 12, University Preparation

**PSK4U**

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.

**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**