



A. Y. Jackson S. S.
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PSK 4U Introduction to Kinesiology Grade Grade 12, University

General Course Information

Prerequisite:	Grade 11 Science Course
Department:	Physical and Health Education
Extra Help:	Phys. Ed. Office (Room 146)
Textbook and Replacement Cost:	\$70
Material Required:	3-Ring Binder, Notebook
Course Fee:	None

Course Description

This course focuses on the study of human movement, it's systems and the principles involved in human development. The course also looks at the effects of physical activity on health and performance, the evolution of physical activity and sport and the psychological, physiological and social factors that influence an individual's participation in physical activity and sport.

The course prepares students for university programs in Physical Education, Life Science, Kinesiology, Recreation, and Sports Administration.

The course is organized into 3 main Strands:

- Physical Activity and Sport in Society.
- The Basis of Movement.
- Biomechanics and Motor Development.

A detailed list of the course expectations can be found at *The Ontario Curriculum, Grades 9 to 12: Health and Physical Education, 2015. Ministry of Education and Training.*

Assessment and Evaluation



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To promote student success, ongoing assessment and feedback will be given regularly to the students. A variety of assessment and evaluation strategies will be used in this course, including: Presentations, Pencil and Paper Tests, Quizzes, Fitness Profiles, Projects, Research Assignments, 1v1 Conferences, Portfolio . Expectations will be evaluated based on the provincial curriculum expectations and the achievement levels outlined in the ministry document.

Expectations are organized into four categories of knowledge and skills. The 70% of coursework will be weighted and categorised as follows:

Knowledge and Understanding	40%
Thinking	20%
Communication	10%
Application	30%

Each student's final mark will be in the form of a percentage grade based on their achievement in the 4 categories on the achievement chart. The breakdown of the final mark is as followed:

Term Evaluation	70%
Final Evaluation	30%

The final Evaluation will be completed during the final 6 weeks of the course and will comprise of an Examination and a Portfolio of research topics covered during the course.

In addition to students' performance in the achievement categories, students will also be assessed on their performance in the following learning skills:

- Responsibility
- Organization
- Independent Work
- Collaboration
- Initiative
- Self-Regulation

For specific policies on assessment and evaluation, and academic honesty, please refer to *School Procedures* in the student agenda.

In Class Expectations

Students are expected to complete all assigned work in a timely manner.

In cases of legitimate absences, students are responsible for obtaining and completing any notes, tests, quizzes, assignments and other assessment activities. Students who miss an assignment due to skipping will be awarded a mark of zero.

Any student who plagiarizes work or allows their work to be copied by another student will receive a mark of zero for that activity.

The Final Evaluation for this course will include:

- **A course Portfolio (10%)**
- **Exam (20%)**