



Course Description/Rationale/Overview:

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.

Class Requirements:

Materials/textbooks/equipment

- Textbook replacement cost \$90
- Workbook cost \$20
- Notebook
- Athletic Attire (when required)
- Positive Attitude

Course Requirements/Department Policies

Late Assignments

Late assignments must be accompanied with a note signed by a parent or guardian stating the reason for tardiness of the assignment. The note must list the due date of the assignment and the actual date of submission.

If an assignment is handed in after it has been taken up/handed back, the student may not receive a mark for it.

Missed Tests

It is the student's responsibility to make arrangements, ahead of time, for any tests/quizzes that are missed. If a student misses a test/quiz for an unforeseen reason such as illness, the student must bring a note signed by a parent or guardian and be prepared to write the test/quiz immediately upon return to school. Please see the BPCI Evaluation and Assessment Guidelines

Curriculum Key Learnings:

1. Describe structure & function of body & physiological principles relating to human performance
2. Use biomechanical principles to analyse and improve movement
3. Demonstrate an understanding of the ways nutrition and training principles affect on human performance
4. Demonstrate an understanding of individual differences in performance, growth and development
5. Use principles of motor learning to analyse or teach a skill
6. Investigate evolution of physical activity in sport
7. Analyse the relationship of society and culture to sports and physical activity

Achievement Categories and Weighting

- | | |
|-------------------------------|-----|
| • Application | 20% |
| • Knowledge and Understanding | 30% |
| • Communication | 28% |
| • Thinking / Inquiry | 22% |

Assessment Strategies

- Diagnostic
- Formative
- Summative

Learning Skills:

- Works Independently
- Team work
- Organization
- Work Habits
- Initiative

Evaluation

TERM MARK BREAKDOWN

Each term will be based on:

- Curriculum key learnings

FINAL MARK

Year's Work:	70%
Final Summative Evaluation	30%



**Birchmount Park
Collegiate
Institute**

Evaluation Profile & Outline

2014/2015
PSE 4U
Exercise Science
Health and Physical Education

Course Outline