

# HEALTH & PHYSICAL EDUCATION GR. 12 ELECTIVE COURSES

**PPL40**  
HEALTHY  
ACTIVE  
LIVING

**PAF40**  
PERSONAL  
FITNESS

**PSK4U1**  
EXERCISE  
SCIENCE

**PPL40**

## HEALTHY ACTIVE LIVING EDUCATION

- OPEN COURSE
- Physical Activity, Active Living, Healthy Living and Living Skills
- Units include: Pool, Fitness, Health, Indoor/Outdoor Activities, Small/Large Group Activities



**PAF 40**

## PERSONAL FITNESS

- OPEN COURSE
- Emphasis on development of personal fitness through weight training, cross training, cardiorespiratory training
- Application of Training Principles and Nutrition
- Sessions include: Fitness Room, Pool, Health and Nutrition



**PSK 4U**

## EXERCISE SCIENCE

- UNIVERSITY COURSE
  - Biological Basis in Movement, Motor Learning, Physical Activity and Sports in Society
- Units: Intro to Anatomy and Physiology, Nutrition, Biomechanics, Theory of Training Principles, Issues in Sport

