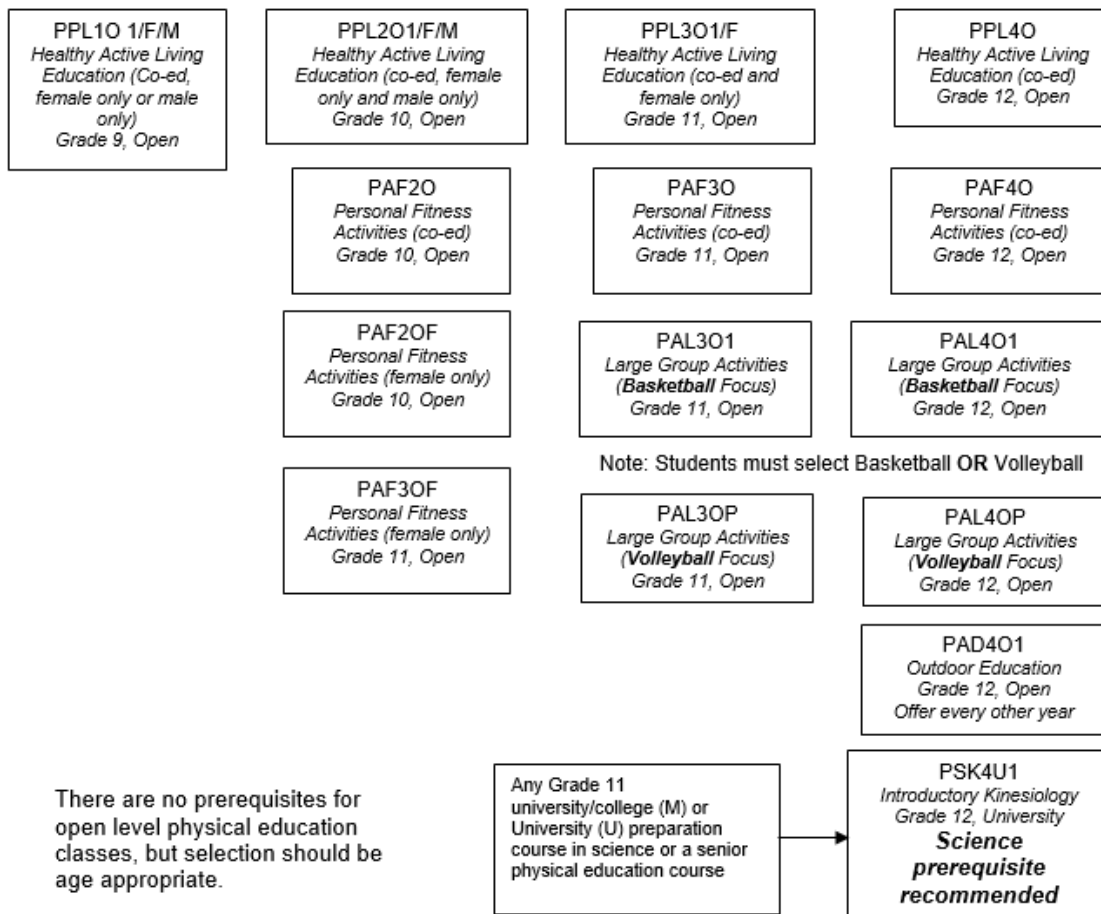


## Prerequisite Chart for Health and Physical Education



### Healthy Active Living Education, Grade 9, Open

(PPL10)

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs, and will participate in activities designed to develop goal setting, communication, and social skills.

*Prerequisite: None*

**Personal Fitness Activities, Grade 10, Open****(PAF20)**

This fitness program is designed to provide vigorous, personal fitness activities with the goal of improving the health-related components of physical fitness. The program consists of a variety of cardio workouts, circuits, and weight training sessions which will promote fitness, health and self-esteem.

*Prerequisite: None*

**Healthy Active Living Education, Grade 10, Open****(PPL20)**

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Student learning will include the application of movement principles to refine skills; participation in a variety of activities that enhance personal competence, fitness, and health; examination of issues related to healthy sexuality, healthy eating, substance use and abuse; and the use of informed decision-making, conflict resolution, and social skills in making personal choices.

*Prerequisite: None*

**Outdoor Activities, Grade 12, Open****(PAD40)**

This course focuses on the development of a personalized approach to healthy active living outdoors through participation in a variety of sports and recreational activities that have the potential to engage students' interest throughout their lives. Snowshoeing, winter camping, hiking, canoeing and rock climbing are some of the activities. Personal fitness, safety, environmental impact, team building, and cooperative learning will be emphasized throughout the course as well as focusing on the positive impacts of activities outside on mental health

*Prerequisites: None*

**Personal Fitness Activities, Grade 11, Open****(PAF30)**

This course focuses on the development of personalized approach to healthy active living through participating in a wide variety of fitness activities that have the potential to engage students' interest throughout their lives. This course will provide students with the opportunity to develop and implement personalized physical fitness programs and to achieve maintain and/or improve levels of physical fitness so that it is personally appropriate for healthy active living. The emphasis in this course is on becoming physical fit through daily participation in a variety of fitness related activities. In order for students to be truly successful in this course, it requires the student to have a high level of responsibility and self-motivation.

*Prerequisite: None*

**Large Group Activities (Basketball Focus), Grade 11, Open****(PAL301)**

This course emphasizes students' daily participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement techniques and principles, ways to improve personal fitness and physical competence, and safety/injury-prevention strategies. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs and will participate in activities designed to develop goal setting, communication, and social skills.

*Prerequisite: None*

**Large Group Activities (Volleyball Focus), Grade 11, Open****(PAL3OP)**

This course emphasizes students' daily participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement techniques and principles, ways to improve personal fitness and physical competence, and safety/injury-prevention strategies. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs and will participate in activities designed to develop goal setting, communication, and social skills.

*Prerequisite: None*

**Healthy Active Living Education, Grade 11, Open****(PPL3O)**

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practise goal-setting, decision-making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety.

*Prerequisite: None*

**Personal Fitness Activities, Grade 12, Open****(PAF4O)**

This course focuses on the development of a personalized approach to healthy active living through participation in fitness activities. Students will develop and implement personal physical fitness plans to meet individual needs. Conditioning through a variety of activities and weight training will be the focus. In addition, students 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. Students who are strongly committed to developing personal fitness and who have a sport focus may excel in this course.

*Prerequisites: None*

**Large Group Activities (Basketball Focus), Grade 12, Open****(PAL4O1)**

This course emphasizes students' daily participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement techniques and principles, ways to improve personal fitness and physical competence, and safety/injury-prevention strategies. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs and will participate in activities designed to develop goal setting, communication, and social skills.

*Prerequisites: None*

**Large Group Activities (Volleyball Focus), Grade 12, Open****(PAL4OP)**

This course emphasizes students' daily participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement techniques and principles, ways to improve personal fitness and physical competence, and safety/injury-prevention strategies. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs and will participate in activities designed to develop goal setting, communication, and social skills.

*Prerequisites: None*

**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*

**Introductory Kinesiology, Grade 12, University****(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 sport, and the physiological, psychological, and social factors that influence an individual's participation in physical activity and sport. The course prepares students for university programs in physical education and health, kinesiology, health sciences, health studies, recreation, and sports administration

*Prerequisite: Any Grade 11 university or university/college preparation course in science, or any Grade 11 or 12 course in health and physical education*