

Sir John A. Macdonald Collegiate Institute Course Brief 2020/21

Course Name	Recreation and Healthy, Active Living Leadership	Grade	12
Course Code	PLF4M	Credit Value	1
Pre-Requisite	Any health and physical education course	Or Recommended Pre-Requisite	
Type of Course	University/College Preparation		

TEXTBOOKS

Recreation and Fitness Leadership 2nd Ed.

Various handouts

REPLACEMENT COST (if lost or damaged) n/a

\$94.95

ADDITIONAL RESOURCES/LEARNING MATERIALS

REPLACEMENT COST (if lost or damaged)

Course Description

This course enables students to explore the benefits of lifelong participation in active recreation and healthy leisure and to develop the leadership and coordinating skills needed to plan, organize, and safely implement recreational events and other activities related to healthy, active living. Students will also learn how to promote the benefits of healthy, active living to others through mentoring and assisting them in making informed decisions that enhance their well-being. The course will prepare students for university programs in physical education and health and kinesiology and for college and university programs in recreation and leisure management, fitness and health promotion, and fitness leadership.

Curriculum Strands/Categories (this may differ depending on discipline and level)

Knowledge and Understanding: Subject-specific content acquired in each grade/course (knowledge) and the comprehension of its meaning and significance (understanding)

Thinking: The use of critical and creative thinking skills and/or processes

Communication: The conveying of meaning through various forms

Application: The use of knowledge and skills to make connections within and between various contexts

Assessment and Evaluation of Student Achievement

Unit	Unit Title/Description	Evaluation Task	Achievement Chart Focus
1	Leadership <ul style="list-style-type: none"> Concepts of leadership, leadership skills, group dynamics 	Tests, Presentations, Field Work	Knowledge and understanding, thinking, communication, application
2	Facilitation of Recreation and Leisure <ul style="list-style-type: none"> Event coordination & Safety, promoting physical activity 	Tests, Presentations, Field Work	Knowledge and understanding, thinking, communication, application
3	Promoting Participation <ul style="list-style-type: none"> Effectively communicating information about an event to the community 	Tests, Presentations, Field Work	Knowledge and understanding, thinking, communication, application

Levels of Achievement

For Grades 9 to 12, a student's achievement of the overall curriculum expectations will be evaluated in accordance with the achievement charts in the provincial curriculum and will be reported using percentage marks.

Achievement Level	Percentage Mark Range	Achievement Description
HL4/L4+ L4 LL4/L4-	95 – 100 87 – 94 80 – 86	Level 4 identifies achievement that surpasses the provincial standard. The student demonstrates the specified knowledge and skills with a high degree of effectiveness.
HL3/L3+ L3 LL3/L3-	77 – 79 73 – 76 70 – 72	Level 3 represents the provincial standard for achievement. The student demonstrates the specified knowledge and skills with considerable effectiveness. Parents of students achieving at level 3 can be confident that their children will be prepared for work in subsequent grades/courses
HL2/L2+ L2 LL2/L2-	67 – 69 63 – 66 60 – 62	Level 2 represents achievement that approaches the provincial standard. The student demonstrates the specified knowledge and skills with some effectiveness. Students performing at this level need to work on identified learning gaps to ensure future success.
HL1/L1+ L1 LL1/L1-	57 – 59 53 – 56 50 – 52	Level 1 represents achievement that falls much below the provincial standard. The student demonstrates the specified knowledge and skills with limited effectiveness. Students must work at significantly improving learning in specific areas, as necessary, if they are to be successful in the next grade/course

Students who achieve below 50% have not met curriculum expectations; a credit will not be granted.

Learning Skills	Assessment of Learning Skills
Responsibility Organization Independent Work Collaboration Initiative Self-Regulation	Excellent (E) Good (G) Satisfactory (S) Needs Improvement (N)

Weighting by Strands/Categories			
Knowledge and understanding	15%	Communication	10%
Thinking	10%	Application	65%

Assessment and Evaluation Strategies: the following is a list of potential A/E strategies used within the course; the list may not be exhaustive and is subject to change

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|-----------------|--------------------|---------------------------|-----------------------|
| → Quizzes | → Labs and Reports | → Library Research | → Fitness Tests |
| → Assignments | → Unit Tests | → Student self-evaluation | → Teacher Observation |
| → Presentations | → Skill Tests | → Portfolios | → Projects |

CALCULATION OF FINAL MARK

- 70% for evaluations conducted throughout the course
- 30% for a Culminating Activity – the C/A will occur at or towards the end of the course