

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

A	Introductory Kinesiology	Grade	12
Course Code	PSK4U	Credit Value	1
Pre-Requisite	Any grade 11U or U/C science, or any Grade 11 or 12 course in health and physical education	Or Recommended Pre-Requisite	N/A
Type of Course	University Preparation		

TEXTBOOKS

Exercise Science or Kinesiology

Various handouts

REPLACEMENT COST (if lost or damaged)

\$94.95

ADDITIONAL RESOURCES/LEARNING MATERIALS

Student Workbook/lab manual \$20

REPLACEMENT COST (if lost or damaged)

\$20

Course Description

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.

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	Physical Activity and Sport in Society: Social Change and Current Issues Participation – Influences and Benefits	Presentation, quizzes, unit test	Thinking, Application, Communication, Knowledge and Understanding
2	The Basis of Movement: Anatomy and Physiology	Quizzes, bell ringers, labs, unit tests, assignment	Thinking, Application, Communication, Knowledge and Understanding
3	The Basis of Movement: Human Performance	Quizzes, bell ringers, labs, unit tests, assignment	Thinking, Application, Communication, Knowledge and Understanding
4	Biomechanics and Motor Development: The Mechanics of Movement	Quizzes, Assignments, unit test	Thinking, Application, Communication, Knowledge and Understanding
5	Biomechanics and Motor Development: Growth and Motor Development	Quizzes, Assignments, unit test	Thinking, Application, Communication, Knowledge and Understanding

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	30%	Communication	28%
Thinking	22%	Application	20%

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