

MALVERN C.I. HEALTH & PHYSICAL EDUCATION DEPARTMENT
PLF4M - RECREATION AND HEALTHY ACTIVE LIVING LEADERSHIP

This course enables students to:

- explore the benefits of lifelong participation in active recreation and healthy leisure
- develop the leadership and coordinating skills needed to plan organize, and safely implement recreational events and other activities related to healthy, active living
- mentor and assist others in making informed decisions that enhance their well being

This course will prepare students for university or college programs in:

- Health and Physical Education
- Kinesiology
- Recreation and Fitness Management
- Fitness and Health Promotion
- Fitness leadership

Strand	Overall Expectations
A. Leadership	
A1. Leadership Styles	Demonstrate an understanding of the concept of leadership and the attributes, skills, and styles needed to be an effective leader
A2. Leadership Skills	Demonstrate leadership skills in a variety of contexts related to healthy, active living
A3. Group Dynamics and Teamwork	Demonstrate an understanding of group dynamics, and apply teamwork skills in a variety of contexts related to healthy active living
B. Facilitation of Recreation and Leisure	
B1. Promotion of Lifelong Participation	Identify and explain the benefits of lifelong participation in active recreation and healthy leisure, and demonstrate an understanding of factors that enable and constrain participation in active recreation and healthy leisure activities
B2. Event Planning and Coordination	Demonstrate the ability to plan and coordination an event related to healthy, active living
B3. Safety and Injury Prevention	Demonstrate an understanding of safety procedures needed for injury prevention in a variety of activities related to healthy living
C. Mentoring Development	

C1. Mentorship	Demonstrate an understanding of mentorship and the methods used by effective mentors to contribute to the growth and development of others
C2. Healthy Active Living Plan	Demonstrate the ability to help others develop and implement a personal healthy active living plan

Assessment and Evaluation

Application Daily effort and performance, active participation, demonstration of guidelines and procedures, safety skills, etc.	30%
Knowledge/Understanding Quizzes, tests, projects, discussion, in-class question and answer, skill analysis, demonstrations, in class assignments etc.	20%
Thinking/Inquiry Goal setting, critical analysis, reviews, self-evaluations, research projects, etc	25%
Communication Oral and written presentations, personal journals, training logs, personal reflections, class discussions, portfolios, self assessment, seminars, etc.	25%

Culminating Activity: Note - For the 2021-22 school year, the culminating activity will be a multi-part project worth 15% of the final grade. This will include a presentation to their peers and a reflection.

Units of Study (Tentative)

Leadership

Introduction to PLF4M1, Theories of Leadership
Leadership Skills, Communication, and Group Dynamics

Facilitation of Rec and Leisure

Organizational Behaviour - Planning an event
Adapted Physical Activity and Education - Intro to TGfU
Fitness and Wellness Focused Activities

Mentoring

Equity and Community Outreach