

Malvern CI – Health and Physical Education (HPE)

Assistant Curriculum Leader (ACL):
Classroom Teacher(s):

Mr. K. Brand
Ms. A. Tsukada

Credit Value: 1.0

Course Content

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.

Prerequisite Any Grade 11 university or university/college preparation course in science, or any Grade 11 or 12 course in health and physical education (HPE).

Overall Expectations Students will be evaluated on their achievement of the following expectations:

- A1** Demonstrate an understanding of how the social and cultural significance of physical activity and sport has evolved historically, and analyse current social issues relating to physical activity and sport;
- A2** Demonstrate an understanding of the individual and social benefits of participation in physical activity and sport and the factors that enable and constrain participation;
- B1** Describe the structure and function of major body systems involved in human movement, and demonstrate an understanding or related anatomical and physiological concepts and theories;
- B2** Demonstrate an understanding of and assess factors that affect performance during human movement;
- C1** Demonstrate an understanding of the phases of movement and of physical laws and biomechanical principles related to improving movement;
- C2** Demonstrate an understanding of human growth and motor development, and apply it to the design of age-appropriate movement activities and to the enhancement of movement skills.

Major Units The following units will be addressed, although the order of study may vary:

- Introduction to Kinesiology
- Anatomy and Physiology
- Human Performance
- The Mechanics of Movement, Growth, and Motor Development
- Influences and Benefits of Participation and Physical Activity
- Social Change and Current Issues

Text

Kinesiology: An introduction to exercise science by Ted Temertzoglou
Thompson Educational Publishing, Inc. (2015)
Replacement cost for the textbook: \$75.00

Assessment, Evaluation and Reporting

Strategies To promote student success, students will be evaluated on content and skills throughout the semester.

Students will be formatively assessed before engaging in specific evaluation activities. They will be given due notice of timelines of specific expectations and method of evaluation.

Assessment and evaluation methods will vary with each unit, and over the course of the year will include:

- Presentations (oral, media, etc.), journals and/or reflections, written tests, in-class Q & As, quizzes, worksheets, etc.

Achievement Category Weightings Students will be given numerous and varied opportunities to demonstrate their achievement of the expectations across the four achievement categories:

- Knowledge/Understanding 30%
- Thinking 15%
- Communication 30%
- Application 25%

Calculation of Final Mark

Term Work (throughout the semester)	70%
Culminating/Exam	30%

Learning Skills Learning skills will be assessed throughout the course and will be reflected on the report card as follows:

<u>Skills</u>	<u>Rating Scale</u>
Works Independently	E – Excellent
Teamwork	G – Good
Organization	S – Satisfactory
Work Habits	N – Needs Improvement
Initiative	

Classroom and Online Expectations

- Students are expected to attend class **regularly** and **punctually**. This includes in-person, synchronous (online in the afternoon) and asynchronous (at home in the morning). Attendance will be taken and students are responsible for all work that is assigned during these times.
- Cell phones are **not** to be used in class unless instructed by the teacher.
- When absent, **it is the responsibility of the student** to find out what was missed.
- When a student is aware they will be missing class for school-related activities or appointments, **it is the student's responsibility to notify the teacher in advance** of the absence to arrange for missed work or evaluations.
- **Due dates must be adhered to.** Late assignments will only be accepted until a given deadline (usually up until the assignment has been returned).
- **Cheating and plagiarism will not be tolerated.** All sources must be properly cited; consequences may include a mark of zero.