

***RICHVIEW COLLEGIATE INSTITUTE***

<b>PROGRAM AREA: Health and Physical Education</b>	<b>COURSE NAME: Healthy Active Living</b>
<b>COURSE CODE: PAF 30F</b>	<b>GRADE/LEVEL: 11</b>
<b>PREREQUISITE: PPL 10F</b>	<b>CREDIT VALUE: 1.0</b>

**Cost of Textbook/equipment replacement:** \_\_\_\_\_  
*(if lost or damaged)*

**Additional Course Costs:** \_\_\$60\_\_

**Textbooks(s)/Resources:**

**COURSE DESCRIPTION:**

This course focuses on providing students with fun experiences in which they can participate in activities that aim at improving fitness – cardiovascular endurance, strength and flexibility. This course does not focus on traditional sports and activities. It involves the learning of training principles, self improvement, increasing self esteem, goal setting and individual fitness opportunities. This course will include lifestyle fitness activities such as Pilates, Yoga, Step aerobics, dance, and aquafit, to name a few. The health topics covered in this course include healthy growth and sexuality, substance use and abuse, and healthy eating.

**This course involves some class outings as well as specialized instructors for some units. Each student is requested to pay \$60.00 to cover these costs. Yoga-\$15, Self Defence-\$27, Zumba/Pilates \$18.**

**CURRICULUM STRANDS (UNITS) and OVERALL EXPECTATIONS:**

**CURRICULUM STRANDS**

- **Physical Activity**  
demonstrate personal competence in applying movement skills and principles;  
demonstrate knowledge of guidelines and strategies that can enhance their participation in recreation and sport activities.
- **Active Living**  
participate regularly in a balanced instructional program that includes a wide variety of physical activities that encourage lifelong participation;  
demonstrate personal health-related physical fitness;  
demonstrate responsibility for personal safety and the safety of others.
- **Healthy Living**  
explain strategies to promote positive lifestyle choices and relationships with others;  
demonstrate understanding of the factors affecting human sexuality as it relates to themselves and others;  
demonstrate understanding of the issues and coping strategies related to substance use and abuse;  
explain how healthy eating fits into a healthy lifestyle
- **Living Skills**  
identify ways of taking appropriate action in new situations based on knowledge of positive decisions related to healthy active living;  
demonstrate understanding of conflict resolution, anger management, and mediation;  
use appropriate social skills and positive attitudes when interacting with others.

Levels of Achievement:

Percentage Grade Range	Achievement Level	Summary Description
80 – 100 %	Level 4	A very high to outstanding level of achievement. Achievement is above the provincial standard.
70 – 79%	Level 3	A high level of achievement. Achievement is at the provincial standard.
60 – 69%	Level 2	A moderate level of achievement. Achievement is below, but approaching, the provincial standard
50 – 59%	Level 1	A passable level of achievement. Achievement is below the provincial standard.
Below 50%		Insufficient achievement of curriculum expectations. A credit will not be granted.

**Assessment and Evaluation**

Assessment and Evaluation are based on the expectations and levels of achievement outlined in the provincial curriculum document for each subject. A wide range of assessment and evaluation opportunities allows students to demonstrate their learning in a variety of ways. This information provides the basis for reporting student grades on the Provincial Report Card. A final mark will be calculated using the following categories or strands.

**70% Course Evaluation:** *(70% of the final mark will be based on evaluations conducted throughout the course)*  
*All four achievement categories/strands do not need to be evaluated in each evaluation task.*

Communication (%)	Knowledge/Understanding (%)	Thinking and Inquiry (%)	Application/Making Connections (%)
10	20	5	65

**30% Final Evaluation:** *(30% of the final mark will be based on a final evaluation in the form of culminating activities).*

- Components of Summative Evaluation:**
1. Fitness Evaluation 10 %
  2. Class Workout 20 %

**\*\* A detailed explanation of the culminating activity/activities will be distributed to students in the class.**

**Learning Skills:** *The report card provides a record of the learning skills, demonstrated by the student in every course in the following six categories: Responsibility, Independent Work, Initiative, Organization, Collaboration, Self-Regulation. The learning skills are evaluated using a four-point scale (E-Excellent, G-Good, S-Satisfactory, N-Needs Improvement).*

**Please refer to the Student Agenda Planner for details regarding the Achievement Chart and Learning Skills.**