

PLF = Leadership

Recreation and Healthy Active Living Leadership

This course focuses on the development of leadership and coordination skills related to recreational activities.



<http://sms.ssd6.org/files/2016/10/leadership-words.jpg>

Students will acquire the knowledge and skills required to mentor junior students, and to plan, organize and implement recreational events. They will also learn how to promote the values of physical fitness, personal well-being, and personal safety to others through mentoring. The course will prepare students for college programs in recreational, leisure, and fitness leadership.

Prerequisite: Any health and physical education course