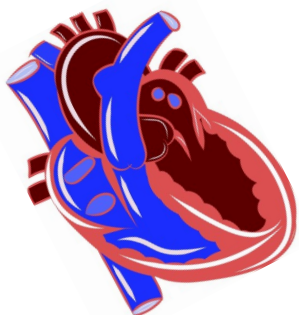


PSK = Kinesiology

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.



This course should be taken if you have an interest in learning about the body as it relates to exercise and can be used as a stepping stone to many future studies (medicine, nursing, physiotherapy, athletic therapy, massage therapy, health and physical education teacher, etc.).



Prerequisite: Grade 11 U or M science course, or any Grade 11 or 12 health and physical education