|  |  | **Course Outline and Evaluation Summary****Course Code: PSK4U**  |  |
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|  | Title of Course: Introduction to Kinesiology  | 416-395-3210 |
|  | Department: Health and Physical Education |  |

| **Course Description** |
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| In this course, students will…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 |

| **Course Evaluation**Course evaluations incorporate one or more of the achievement categories (KICA). A brief description of each category can be found [here](https://www.dcp.edu.gov.on.ca/en/assessment-evaluation/categories-of-knowledge-and-skills). The final grade is calculated using the weighted percentages below. |
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| **Term Work:** | **A variety of tasks where you show your learning and have marks assigned using the Achievement Categories/Strands** | **Summative****Evaluation:** | **Marked summative tasks which assess your learning on the entire course** |
| 70% | 25% | Knowledge & Understanding | 30% | 10% | Culminating Task |
| 15% | Thinking & Inquiry |
| 15% | Application | 20% | Final Exam  |
| 15% | Communication |

| **Learning Skills** |
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| Learning skills provide Information to help students understand what skills, habits & behaviors are needed to work on to be successful. These are not connected with any numerical mark. A brief description of each skill can be found [here](http://www.edu.gov.on.ca/eng/policyfunding/growsuccess.pdf#page=17). **Responsibility, Organization, Independent Work, Collaboration, Initiative and Self-Regulation**E – Excellent G – Good S – Satisfactory N – Needs Improvement |

| **Required Materials:** Any educational resource required for this course will be provided by the school. It is the student’s responsibility to come to class with these materials.  |
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| **School/Departmental/Classroom Expectations** |
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| **Attendance:** The student is expected to attend class on time. Parents/guardians will be contacted if lates/attendance becomes an issue/hindrance. If the student knows about an absence in advance, they should contact the teacher.**Plagiarism/Cheating:** A mark of 0 will be assigned for any work submitted that does not belong to the student. A mark of 0 will be assigned to a student who was found to have cheated. Parents/guardians will be informed.**Missed Work:** If a student is absent from class, (e.g. illness, sports team) it is **their** responsibility to find out what they have missed and to catch up. The student is responsible for completing all of the work that was missed due to an absence. If a student misses an assignment or test without a legitimate explanation and documentation, marks up to and including the full value of the evaluation may be deducted. Make-up tests must be arranged to be written.**Late Work:** Late work may result in a deduction of marks up to and including the full value of the evaluation. |

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| **Course Assessment Tasks** |
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| ***Unit/Topic/Strand*** | ***Big Ideas*** | ***Major Assignments / Evaluations*** | ***Estimated Duration*** |
| Unit 1: Anatomy & Physiology | **Anatomical terminology****Human movements****Skeletal and articular systems****Muscular system****Disease** | **Quizzes****Unit Test****Presentation** | **20 days** |
| Unit 2: Cardiovascular and Respiratory Systems | **Circulatory system****Respiratory system****Blood, heart rate, respiratory dynamics****Disease** | **Quizzes****Unit Test****Lab Activities** | **15 days** |
| Unit 3: Nutrition, Training, Ergogenic Aids | **Macro and micronutrients****Food consumption and healthy choices****Ethics of food production and climate****Ethics of sport and nutritional aids** | **Unit Test****Essay** | **15 days** |
| Unit 4: Energy Systems | **Energy systems and metabolic pathways****Nutrients as energy sources****Muscle fiber types and athletic training** | **Quizzes****Unit Test****Lab Activities** | **10 days** |
| Unit 5: Biomechanics | **Biomechanical theory and concepts****Seven principles of biomechanics****Analyzing Human Movement****Technologies in biomechanics** | **Quizzes****Unit Test****Biomechanical Analysis Lab** | **20 days** |
| Culminating Task(s) | **A culmination of principles and theories as discovered throughout the course** | **Group Presentation****Final Exam** | **30 mins****120 mins** |