

Name: _____

Grade 12 Active Healthy Life Styles Course Outline

Course Description

This compulsory full-credit course is designed to help youth take greater ownership of their own physical fitness, to encourage them to seek out activities that interest them, and to engage in active lifestyles into their futures. Students will be graded for completion of the course with a Complete or Incomplete designation.

NOTE: Parents/guardians will be required to review the student's physical activity plan and sign a **Parent Declaration and Consent Form** acknowledging their approval of the chosen activities and acceptance of the responsibility for risk management, safety, and supervision. Parents/guardians will also be required to verify the entries of the student's physical activity log through a sign-off procedure.

Module A- Activity Practicum- Students will create and implement a physical activity action plan.

- Personal Physical Activity Inventory
- Managing Risks Related to Physical Activity
- Implementing a personal Safety and Physical Activity Plan (55 hrs. moderate to vigorous intensity)

Module B- Fitness Management- students will examine latest trends in health and fitness development helping them to gain skills to make informed decisions as health and fitness consumers.

- Making and Continuing Change
- Health and Fitness Trends
- Exercise and Fitness Myths and Misconceptions
- Health and Fitness Advertising
- Becoming an Informed Fitness Consumer

Module C- Nutrition – students will develop an understanding of the importance of maintaining lifelong balance of energy expenditure and food intake to achieve a healthy body weight. Students will also investigate ways to make healthier food choices by developing their understanding of the language and marketing strategies used by the food industry.

- Energy Intake
- Energy Expenditure
- Energy Balance
- Food Safety
- Advertising and Marketing Strategy Influences on Food Purchases

Name: _____

Grade 12 Active Healthy Life Styles Course Outline

- Food and Nutrition Myths and Misconceptions of activity and Sport Performance

Module D- Personal and Social Development- Students will develop their understanding of the stages of development that teams go through as they work toward achieving their goals. Students will also examine the role team leaders and the impact of their leadership style to the team.

- Effective Teams
- Team-Building and Communication Skills
- Leadership Skills

Module E- Healthy Relationships- Students will examine characteristics of unhealthy and healthy relationships. They will explore their right and responsibilities of being in a relationship and how to end unhealthy relationships.

- Understanding Healthy Relationships
- Rights and Responsibilities of Healthy Relationship
- Unhealthy and Abusive Relationships
- Community Supports and Services

Module F- Heart Monitored Activity- Students will demonstrate use of heart rate monitors and the ability to participate at a moderate to vigorous level.

Course Assessment Strategies- fitness testing, active participation, web searches, class discussion, personal reflection, physical activity self assessment, test, question and answer assignments, research projects, activity logs, student conferences.

Evidence of Course Completion- Students will present completed course work to teacher

1. All module outcome assessments completed
2. Physical activity logs completed-55 hrs
3. Physical activity safety checklists completed
4. Pre and post sign-off sheets completed
5. Conference log's completed

Parent Signature _____