



Fr. Michael Goetz Secondary School COURSE OUTLINE

COURSE: Healthy Active Living Education

Code: PAF 301

UNITS OF STUDY

1. Fitness Evaluation
2. Program Design/Safety and Injury Prevention
3. Nutrition/Healthy Growth and Sexuality
4. Mental Health and Stress
5. Purposeful Training

EVALUATION

Knowledge/ Understanding	20%
Thinking/Inquiry	10%
Communication	10%
Application	60%
TOTAL	100%

Course work	70%
Final Exam	30%

MISSED QUIZ, TEST, ASSIGNMENT, POLICY See student Agenda pp12-13

ASSESSMENT AND EVALUATION POLICY See Student Agenda

HOMEWORK POLICY See Student Agenda

CLASSROOM EXPECTATIONS / ROUTINES