



Fr. Michael Goetz Secondary School COURSE OUTLINE

COURSE: Female Strength Training, Grade 11

Code: PAF 30F

TEXT: N/A

Replacement cost: N/A

UNITS OF STUDY

- Unit One: Fitness Evaluation
- Unit Two: Anatomy and Body Image / Self Esteem
- Unit Three: Program Design / Safety and Injury Prevention
- Unit Four: Health and Nutrition
- Unit Five: Purposeful Training

EVALUATION

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

TERM BREAK DOWN

Course work	70%
Culminating Performance Task	10%
Final Evaluation	20%

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

ASSESSMENT AND EVALUATION POLICY See Student Agenda

HOMEWORK POLICY See Student Agenda