



Fr. Michael Goetz Secondary School COURSE OUTLINE

COURSE: Healthy Active Living Education

Code: PPL301

Course Fee: \$100

UNITS OF STUDY

1. Fitness (assessment & program design)
2. Personal Safety & Injury Prevention
3. Individual and Team Activities
4. Healthy Growth and Sexuality
5. Mental Health & Stress Management

EVALUATION

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

Course work	70%
Final Exam	30%

MISSED QUIZ, TEST, ASSIGNMENT, POLICY: See student agenda p. 12-13

ASSESSMENT AND EVALUATION POLICY: See Student Agenda

HOMEWORK POLICY See Student Agenda

CLASSROOM EXPECTATIONS / ROUTINES

COURSE FEE: The fee will be used to cover the expense of a class t-shirt and “out of school” activities such as bowling, swimming, ice skating, golf, squash, self-defence, yoga. The activities will vary depending on student participation.