

Personal and Fitness Activities – Grade 11 – Open – Girls Only

PAF2OF

Challenge yourself to a vigorous daily workout while learning the scientific foundation of exercise. Through a variety of aerobic and weight training activities, students will improve their personal fitness. Develop your own program to gain strength, tone muscle and enhance appearance, safety, training techniques, anatomy and nutrition will be important topics discussed in the course. This course helps students to meet the Ontario Catholic Graduate Expectations by enabling each person to become a self-directed, responsible, life long learner who participates in leisure and fitness activities for a balanced and healthy lifestyle. *Several off-campus activities are planned for which there will be a fee to cover the cost of transportation, facility and equipment rental and professional instructions.*

Prerequisite: None