

**Course Code:** PAF 301

**Course Name:** Personal and Fitness Activities

**Grade:** 11



### COURSE OVERVIEW:

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage student’s interest throughout their lives. Through a variety of sports, games and fitness activities, students will learn movement skills and principles that will improve physical fitness and physical competence, personal safety and injury prevention.

The goal of this full credit course is to help students understand the importance of physical activity, fitness, health and well-being in a total lifestyle. **Students taking PPL should be committed to daily vigorous activity and positive health behaviors.**

**Students are expected to follow class rules and routines:**

- Regular attendance, full effort and committed participation are necessary for success in this course
- Active Participation in physical activities is the critical element of your final evaluation

### COURSE OF STUDY:

<b>I.</b>	<b>Active Participation</b>	<ul style="list-style-type: none"> <li>• Components of fitness</li> <li>• Fitness Assessment and Evaluation</li> <li>• Participation in physical activity</li> </ul>
<b>II.</b>	<b>Personal Safety, Injury Prevention, Violence and Risk Taking Behavior</b>	<ul style="list-style-type: none"> <li>• Strategies for preventing sports injuries</li> <li>• Understanding relationship violence</li> </ul>
<b>III.</b>	<b>Relationships and Sexuality</b>	<ul style="list-style-type: none"> <li>• Understanding reproduction and sexual health</li> <li>• Healthy relationships</li> <li>• Understanding the cause and issues related to infertility</li> </ul>
<b>IV.</b>	<b>Mental Health, Nutrition and Stress</b>	<ul style="list-style-type: none"> <li>• Factors that contribute to mental health</li> <li>• Positive and negative effects of stress</li> <li>• Stress management techniques</li> <li>• Healthy diet for body’s growth, maintenance and repair</li> </ul>
<b>V.</b>	<b>Interactive Fitness</b>	<ul style="list-style-type: none"> <li>• Physiological, social, emotional, spiritual, and mental benefits of being active</li> <li>• Factors affecting level of fitness</li> <li>• Human anatomy and physiology</li> </ul>
<b>VI.</b>	<b>Individual and Team Activities</b>	Traditional and Non-Traditional sports and activities may include: <ul style="list-style-type: none"> <li>• Football, soccer, baseball, basketball, volleyball, badminton, tennis, weight training, golf, squash</li> </ul>

## EXPECTATIONS:

- Demonstrate regular active participation
- Demonstrate improvement in (or maintain) personal health-related fitness
- Demonstrate and understand health life behaviors
- Demonstrate safe practices regarding the safety of themselves and others
- Demonstrate a personal competence in applying skills and principles of movement
- Demonstrate knowledge of guidelines and strategies that enhance participation in recreation activities and sport game strategies
- Use appropriate decisions making skills to achieve goals
- Use appropriate social skills when working with others

## EVALUATION ISSUES:

- **LATE ASSIGNMENTS:** Assignments submitted after the primary due date established by the teacher will be accepted with a penalty of 10% after the three day grace period. This three day penalty zone is the maximum time allowed for submissions. Once a closure date is reached and all assignments are marked and returned, no late assignments will be accepted and a **mark of ZERO** will be recorded.
- **INCOMPLETE ASSSIGNMENTS:** Assignments will be graded according to the extent with which they meet the criteria established in the rubric or evaluation structure.
- **MISSED TESTS:** Tests missed with a legitimate reason will be written within a few days of the student returning from the absence. Student eligibility to write the test and the date of writing will be at the discretion of the teacher in consultation with the department head. Students must bring in a note on the date of return confirming the parent or guardian is aware that a test was missed.
- **PLAGIARISM:** In any form reflects academic dishonesty and will result in a mark of zero for the assignment in question.

## ASSESSMENT AND EVALUATION:

Your achievement in the course will be evaluated throughout the semester and recorded under the following categories and weightings to comprise **70% of your final grade**.

Category	Description	Assessment	Weighting
<b>Application</b>	<ul style="list-style-type: none"><li>• Applying concepts and procedures relating to familiar settings</li><li>• Selecting strategies</li></ul>	<ul style="list-style-type: none"><li>• Participation</li><li>• Uniform</li><li>• On time and ready to participate</li><li>• Fitness Performance</li></ul>	<b>55 %</b>
<b>Knowledge/ Understanding</b>	<ul style="list-style-type: none"><li>• Understanding of concepts, facts, definitions</li><li>• Demonstration of skills</li></ul>	<ul style="list-style-type: none"><li>• Quizzes</li><li>• Skills Tests</li><li>• In class questions and answers</li><li>• Assignments</li><li>• Culminating tasks</li></ul>	<b>20 %</b>
<b>Thinking/ Inquiry</b>	<ul style="list-style-type: none"><li>• Reasoning</li><li>• Applying the steps of an inquiry/problem solving process</li><li>• Selecting and sequencing strategies</li><li>• Making conclusions</li></ul>	<ul style="list-style-type: none"><li>• Quizzes</li><li>• Skills Tests</li><li>• In class questions and answers</li><li>• Assignments</li><li>• Culminating tasks</li></ul>	<b>10 %</b>
<b>Communication</b>	<ul style="list-style-type: none"><li>• Communicating and reasoning in writing and graphically</li><li>• Use of mathematical language, symbols, visuals and conventions</li></ul>	<ul style="list-style-type: none"><li>• Quizzes</li><li>• Skills Tests</li><li>• In class questions and answers</li><li>• Assignments</li><li>• Culminating tasks</li></ul>	<b>15 %</b>

A final evaluation will compromise **30% of your final grade**. The final evaluation will take place towards the end of the semester BUT will consist of cumulative activities that take place throughout the semester.