

**ST. JOSEPH SECONDARY
SCHOOL**



Health And Physical Education

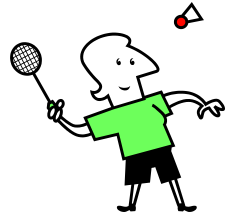


SEIZE THE DAY

Please visit our website for more information.
<http://www.dpcdsb.org/JOESS>

Our Philosophy

In all of our courses, our emphasis is on regular participation in a variety of enjoyable physical activities that promote **lifelong healthy active living**. We achieve this by providing a safe environment where students will apply movement principles to refine skills and participate in a variety of safe and cooperative activities that enhance personal competence, fitness, and health.



Courses of Study

Grade 9

Healthy Active Living Education, Grade 9 Open (PPL 10)

Units of study in Grade 9 will include: **basketball, volleyball, football, soccer, badminton, weight training, fitness testing, CPR,**

Grade 10

Healthy Active Living Education, Grade 10 Open (PPL 20)

Units of study in Grade 10 will include: **basketball, volleyball, football, soccer, badminton, weight training, fitness testing, conflict resolution, decision making, nutrition.**



Grade 11

Healthy Active Living Education, Grade 11 Open (PPL 30)

Units of study in Grade 11 will include: **basketball, volleyball, football, soccer, badminton, weight training, fitness testing, conflict resolution and mental health.**



Strength Training, Grade 11 (PAF 30)

Units of study in Grade 11 will include: **weight training, fitness testing, conflict resolution and mental health.**

Soccer, Grade 11 (PAL 30F)

Units of study in Grade 11 will include: **soccer, fitness testing, conflict resolution, and mental health.**

Basketball , Grade 11 (PAL 3OB)

Units of study in Grade 10 would include: **basketball, weight training, fitness testing, conflict resolution, decision making, mental health.**

Volleyball , Grade 11 (PAL 3OV)

Units of study in Grade 10 would include: **basketball, weight training, fitness testing, conflict resolution, decision making, mental health.**

Yoga, Grade 11 (PAR 3O)

Units of study in Grade 11 will include: **yoga, fitness testing, conflict resolution and mental health.**

Grade 12

Healthy Active Living Education, Grade 12 Open (PPL 4O)

Healthy Active Living Education in Grade 12 will focus on out of school activities such as **golf, tennis, hiking curling, squash, racquetball, ice skating, bowling, billiards and skiing.** Time is also spent at school doing basketball, volleyball, badminton, soccer, ultimate and football.

Strength Training , Grade 12 (PAF 4O)

Units of study in Grade 12 will include: **weight training, fitness testing, nutrition and conflict resolution.**

Soccer, Grade 12 (PAL 4OF)

Units of study in Grade 11 will include: **soccer, fitness testing, conflict resolution, and mental health.**

Basketball , Grade 12 (PAL 4OB)

Units of study in Grade 10 would include: **basketball, weight training, fitness testing, conflict resolution, decision making, mental health.**

Kinesiology, Grade 12 University Preparation (PSE 4U)

This is an in-class course focusing on human anatomy and physiology. It is an excellent course for those students interested in pursuing careers in the health sciences, i.e. **physician, nurse, physiotherapist, ambulance attendant.**

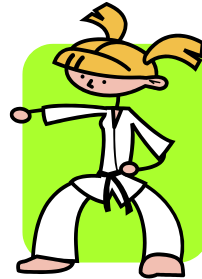
What would a typical week look like in most courses?

A typical week would be 3 days in the gym or out on the field, 1 day in the weight room and 1 day in the health classroom.

Other Opportunities

In addition to the regular Health and Physical education courses there are other opportunities for students to be active and get fit. They include;

- Over 35 extra-curricular teams. The accomplishments of our 500 athletes are recognized each year at a banquet at the Mississauga Convention Centre.
- Use of the weight room after school
- Intramural soccer
- Special instructors are brought in to teach our classes rock climbing and self-defense.



Why Take Health and Physical Education?

- To get fit and have fun
- To understand the importance of living a healthy active lifestyle
- To improve your skill level
- To find a **career** which might include being a; doctor, nurse, physiotherapist, occupational therapist, ambulance attendant, dietician, nutritionist, coach, personal trainer, fitness facility manager, firefighter or police officer.

