**Course Description**

**This compulsory full-credit course** is designed to help youth take greater ownership of their own physical fitness, to encourage them to seek out activities that interest them, and to engage in active lifestyles into their futures. Students will be graded for completion of the course with a Complete or Incomplete designation.

**Note:** Parents/guardians will be required to review the student’s physical activity plan and sign a **Parent Declaration and Consent Form** acknowledging their approval of the chosen activities and acceptance of the responsibility for risk management, safety, and supervision. Parents/guardians will also be required to verify the entries of the student’s physical activity log through a sign-off procedure.

**Module A- Activity Practicum-** Students will create and implement a physical activity action plan.

**Must complete 30hrs of moderate to vigorous activity spread throughout the semester away from school and 25hrs during their regular PE class slot.**

**A. Students may log a maximum of 90 minutes/day**

**B. Students may log a maximum of 3 hours/month of walking**

* **Walking hours must be verified electronically (Map My Walk App)**
* **Walking intensity of 4-6km/hr as measured by the App qualifies**
* **Walking verification may be handed in electronically to staff hand in folders or printed a placed in portfolio**
* **Treadmill/Elliptical criteria- same speed and time restrictions**

**Module B- Fitness Management-** In this module students examine ways of changing physical activity behaviour, discuss the barriers to physical activity and some of the ways to overcome them, and learn how to adhere to a physical activity program once started.

**Module C- Mental and Emotional Health** – students will discuss the links between mental-emotional health and physical activity

**Module D- Social Impact of Sport**- Students must think critically about historical and contemporary issues in sport pertaining to gender, race, ethnicity, ethics, specific populations, media, technology, business, and politics in order to see the role sport plays in their lives.

**Module E- Substance Use and Abuse Prevention-**  students will understand drug classifications, drug effects, levels of involvement, and avoidance and harm reduction strategies promotes and contributes to healthy decision making and emphasizes the seriousness of drug problems.

**Activity classes**

1. Are Not Optional
2. Students will be required to make-up missed classes in consultation with their teacher.
3. Students will be required to have a change of clothes and be at class on time.
4. Students who participate at an intensity level below what the activity requires will need to make up the class.

**Evidence of Course Completion- Students will be required to complete and submit a portfolio containing all work required for the semester by the deadlines.**

Your son or daughter may also be using class time to implement their independent activity plan which may take them away from school property without direct supervision. Please provide consent on the line below.

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_