**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.

**Module A- Activity Practicum-** Students will create and implement a physical activity action plan as approved by a parent/legal guardian.

**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-** students will examine latest trends in health and fitness development helping them to gain skills to make informed decisions as health and fitness consumers.
* **Module C- Nutrition** – students will develop an understanding of the importance of maintaining lifelong balance of energy expenditure and food intake to achieve a healthy body weight. Students will also investigate ways to make healthier food choices by developing their understanding of the language and marketing strategies used by the food industry.
* **Module D- Personal and Social Development**- Students will develop their understanding of the stages of development that teams go through as they work toward achieving their goals. Students will also examine the role team leaders and the impact of their leadership style to the team.
* **Module E- Healthy Relationships-**  Students will examine characteristics of unhealthy and healthy relationships. They will explore their right and responsibilities of being in a relationship and how to end unhealthy relationships.

**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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_