

## Appendix E

### Health and Physical Education Grades 9-12 Course Codes, Titles and Descriptions

***Note: The Healthy Active Living Education (HALE) courses are designed to be implemented as written and also to allow schools to develop courses in Grades 9 to 12 that focus on a particular group of physical activities as the vehicle through which students achieve the curriculum expectations. See course names and codes for possible Focus courses below each course description. The activity area chosen as the focus for a course should be seen strictly as the medium through which students will achieve the course expectations, including the living skills expectations. Regardless of the particular area on which a course is focused, students must be given the opportunity to achieve all the expectations for the course.***

The intent behind focus courses is not to focus on a single sport – in other words, not to offer a “hockey course” or a “basketball course” or a “tennis course” – but rather to give students the opportunity to experience a variety of physical activities as they acquire knowledge and skills related to healthy living. All focus courses must include the healthy living expectations and must integrate the development of living skills throughout the course.

A student may take more than one HALE course for credit in each of Grades 9, 10, 11, and 12, provided that the focus of each course is different. The course description for a focus course should start with the full course description for the HALE course for the particular grade, and end with a statement describing the types of activities that the course will focus on. For example, the course description for a Grade 11 Individual and Small Group Activities course (PAI30) would use the description for the Grade 11 Healthy Active Living Education course (PPL30), followed by a statement describing the focus activities – e.g., “The course will focus on a variety of individual, dual, and small group activities, such as golf, combatives, athletics, and curling”. For more information, see pages 19-20 in the curriculum policy document.

#### Healthy Active Living Education, Grade 9

##### Open

##### PPL10

This course equips students with the knowledge and skills they need to make healthy choices now and lead healthy, active lives in the future. Through participation in a wide range of physical activities, students develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. Students also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own well-being is affected by, and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively. The possible focus courses for Grade 9, along with their corresponding course codes, are as follows:

- Healthy Living and Personal and Fitness Activities – PAF10
- Healthy Living and Large-Group Activities – PAL10
- Healthy Living and Individual and Small-Group Activities – PAI10
- Healthy Living and Aquatic Activities – PAQ10
- Healthy Living and Rhythm and Movement Activities – PAR10
- Healthy Living and Outdoor Activities – PAD10

**Prerequisite:** None

## **Healthy Active Living Education, Grade 10**

**Open**

**PPL20**

This course enables students to further develop the knowledge and skills they need to make healthy choices now and lead healthy, active lives in the future. Through participation in a wide range of physical activities, students develop knowledge and skills related to movement competence and personal fitness that provide a foundation for active living. Students also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own well-being is affected by, and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively. The possible focus courses for Grade 10, along with their corresponding course codes, are as follows:

- Healthy Living and Personal and Fitness Activities – PAF20
- Healthy Living and Large-Group Activities – PAL20
- Healthy Living and Individual and Small-Group Activities – PAI20
- Healthy Living and Aquatic Activities – PAQ20
- Healthy Living and Rhythm and Movement Activities – PAR20
- Healthy Living and Outdoor Activities – PAD20

**Prerequisite:** None

## **Healthy Active Living Education, Grade 11**

**Open**

**PPL30**

This course enables students to further develop the knowledge and skills they need to make healthy choices now and lead healthy, active lives in the future. Through participation in a wide range of physical activities and exposure to a broader range of activity settings, students enhance their movement competence, personal fitness, and confidence. Students also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own well-being is affected by, and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively. The possible focus courses for Grade 11, along with their corresponding course codes, are as follows:

- Healthy Living and Personal and Fitness Activities – PAF30
- Healthy Living and Large-Group Activities – PAL30
- Healthy Living and Individual and Small-Group Activities – PAI30
- Healthy Living and Aquatic Activities – PAQ30
- Healthy Living and Rhythm and Movement Activities – PAR30
- Healthy Living and Outdoor Activities – PAD30

**Prerequisite:** None

## **Healthy Active Living Education, Grade 12**

**Open**

**PPL40**

This course enables students to further develop the knowledge and skills they need to make healthy choices. It places special emphasis on how students can maintain the habits of healthy, active living throughout their lives as they make the transition to adulthood and independent living. Through participation in a wide range of physical activities in a variety of settings, students can enhance their movement competence, personal fitness, and confidence. Students also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own well-being is affected by, and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively. The possible focus courses for Grade 12, along with their corresponding course codes, are as follows:

- Healthy Living and Personal and Fitness Activities – PAF4O
- Healthy Living and Large-Group Activities – PAL4O
- Healthy Living and Individual and Small-Group Activities – PAI4O
- Healthy Living and Aquatic Activities – PAQ4O
- Healthy Living and Rhythm and Movement Activities – PAR4O
- Healthy Living and Outdoor Activities – PAD4O

**Prerequisite:** None

### **Health for Life, Grade 11**

#### **College Preparation**

##### **PPZ3C**

This course enables students to examine the factors that influence their own health practices and behaviours as well as those factors that contribute to the development of healthy communities. It emphasizes the concept of wellness, which addresses all aspects of well-being – physical, cognitive, emotional, spiritual and social – and promotes healthy eating, physical activity, and building and maintaining a positive sense of self. Students will develop the skills necessary to make healthy choices and create a personal wellness plan. They will also design initiatives that encourage others to lead healthy, active lives. The course prepares students for college programs in health sciences, fitness, wellness, and health promotion.

**Prerequisite:** None

### **Introductory Kinesiology, Grade 12**

#### **University Preparation**

##### **PSK4U**

This course focuses on the study of human movement and of systems, factors and principles involved in human development. Students will learn about the effects of physical activity on health and performance, the evolution of physical activity and sport, and the physiological, psychological, and social factors that influence an individual's participation in physical activity and sport. The course prepares students for university programs in physical education and health, kinesiology, health sciences, health studies, recreation, and sports administration.

**Prerequisite:** Any Grade 11 university or university/college preparation course in science, or any Grade 11 or 12 course in health and physical education.

### **Recreation and Healthy Active Living Leadership, Grade 12**

#### **University/College Preparation**

##### **PLH4M**

This course enables students to explore the benefits of lifelong participation in active recreation and healthy leisure and to develop the leadership and coordinating skills needed to plan, organize, and safely implement recreational events and other activities related to healthy, active living. Students will also learn how to promote the benefits of healthy, active living to others through mentoring and assisting them in making informed decisions that enhance their well-being. The course will prepare students for university programs in physical education and health and kinesiology and for college and university programs in recreation and leisure management, fitness and health promotion, and fitness leadership.

**Prerequisite:** Any health and physical education course