



# CENTENNIAL REGIONAL HIGH SCHOOL

## COURSE OUTLINE 2023-2024

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**Subject:** Physical Activity for Life

**Level:** Secondary 5 (4 on 9)

### Course Description:

This course is designed to encourage an increased awareness of the importance of physical activity for the health and well-being of the students throughout life; and to encourage physical activity as a lifetime activity.

### Program Outline:

- 1) This course will offer educational activities that will ensure the acquisition of skills, knowledge, values, methods, and concepts in various physical activities for the purpose of preparing students to enjoy their free time wisely. This will include participation in outdoor activities.
- 2) Study basic physiology, nutrition, and psychology of exercise.
- 3) Students will develop a high degree of physical fitness while focusing on sport-specific training and practicing various exercise methods. In addition, they will establish improvement goals and develop their own fitness training programs to measure and monitor changes in their fitness levels.
- 4) Students will develop leadership skills in sport and physical activity while leading classroom exercises and assisting various sport-related activities in and out of school, such as: participation in both the intramural and extracurricular program; leadership activities; field trips; research; trying new activities.
- 5) Using knowledge obtained from the course regarding rules and strategies of various games and activities, students will participate, referee, and coach each other during the execution of these activities.
- 6) Students will study basic first aid and CPR.

### Evaluation:

#### Term Evaluation Scheme

- 20%- Written Assignments/ Tests  
20%- Fitness  
20%- Leadership Activities/ Group work  
20%- Sport-specific skills/ Game play  
20%- Course Participation/ Cooperation

*\*Please note that every student is responsible for ALL classes missed and is required to communicate with their teacher ASAP for any work, information, and notes.*

*\*\*Please refer to the Faculty & Staff Directory at <http://www.crhs.rsb.qc.ca/> for your teacher's email/website address*

Revised: February 2023