

## PARTICIPATE PHYSICAL EDUCATION

### Physical Education 10

5 credits

Prerequisite: None

This course is geared towards students who have a keen interest in athletics, sports and physical activities. The course is every day for a semester. The program includes units on fitness, team and individual sports, and outdoor pursuits. Students have the option of becoming certified in emergency first aid and can earn an extra credit. Classes are segregated into male and female classes.

### Active Living 10

3 credits

Prerequisite: None

This course is for the non-competitive student interested in pursuing fitness at a low impact level. Fun and fitness combine to assist the individual in their pursuit of a healthy lifestyle. This course will also include units on team and individual sports, outdoor pursuits and CPR.

### Active Living 20

3 credits

Prerequisite: PE 10

*\*NOTE: THIS COURSE DOES NOT MEET THE PREREQUISITES FOR PHYSICAL EDUCATION 30*

This course is for the non-competitive student interested in pursuing fitness at a low impact level. Fun and fitness combine to assist the individual in their pursuit of a healthy lifestyle. This course will include units on team and individual sports and outdoor pursuits.

### Physical Education 20

5 credits

Prerequisite: PE 10/Active Living 10

This course is geared for highly motivated students in athletic/sports and careers in physical education. The curriculum includes outdoor education, officiating, leadership, individual and team sports. Students must be prepared to attend classes outside of the normal class time in order to facilitate occasional field trips and to attain the leadership component of the course. There may be a \$20 - \$30 user fee charged for the course.

### Physical Education 30

5 credits

Prerequisite: PE 20

This course is geared for highly motivated students in athletic/sports and careers in physical education. The curriculum includes outdoor education, officiating, leadership, individual and team sports. Students must be prepared to attend classes outside of the normal class time in order to facilitate occasional field trips and to attain the leadership component of the course. There may be a \$20-\$30 user fee charged for the course. Optional outdoor education trip includes canoeing, rock climbing, and other skill building experiences. A fee will be charged for the canoe trip.

### Outdoor Pursuits 10

3 credits.

*\*\* Students must be prepared to attend an overnight trip to earn all three credits.*

*\*\*\* The course will operate from Quarter 1 only (Semester 1)/ Quarter 4 only (Semester 2).*

Outdoor Pursuits will allow students to experience various activities with mother nature and wilderness. The course will offer a variety of adventure education activities: hiking, mountain biking, backpacking. Outdoor pursuits will focus on teaching safety knowledge, skills and judgment in outdoor adventure activities. The course will flow from an “experiential education” framework to learning concepts that will stay with you for the rest of your life.

### Fitness & Nutrition 20/30

3/6 credits

*\*\*\* This is a course designed for students who enjoy being active and want to learn more about training for sport.*

Students learn the importance of nutrition and hydration for the promotion and maintenance of physical health and wellness throughout life. Students acquire the knowledge and skills necessary for the promotion and maintenance of a healthy musculoskeletal and cardiovascular systems. The class will operate with some classroom lectures and weight room applications to accomplish the learner outcomes.

### Sports Medicine 10

3 credits

This course is intended for students who have a desire to explore athletic therapy, kinesiology or other health related fields. Students examine fundamental attitudes, knowledge and skills to prepare for further study in career pathways in health, recreation and community services. Students explore the structure and function of the musculoskeletal system and the benefits of practicing a healthy lifestyle. Students

will apply their knowledge through basic taping and wrapping fundamentals, explore the role of the athletic therapist and describe common injuries. The class will be a combination of theory and practical lessons to accomplish the learner outcomes.

### Sports Medicine 20/30

3/6 credits

*Prerequisite: Sports Medicine 10*

Students build on the skills and knowledge learned in Sports Medicine 10. The emphasis of the course is on preventing injury though practicing a healthy lifestyle and how to deal with common injuries in sports and recreation. Students will practice taping and wrapping using a variety of techniques.

### Sports Performance 20

3 credits

Students apply lessons from the Long-Term Athlete Development model and principles of skill development into their own sport experience. These concepts will also be incorporated into a coaching and leadership model. The majority of this course will be activity based but will include theory and written assignments. Students can choose one of the following sports:

- » Basketball (offered during lunchtime);
- » Hockey
- » Volleyball (offered during lunchtime)

*Please Note:*

*Hockey: Fee Required (20-25 1-hour on-ice-sessions)*

*Basketball: No Fee*

*Volleyball: No Fee*

*\*\*Students are expected to have sport specific knowledge and skills prior to taking the Sports Performance 20 Volleyball and Basketball classes. \*\**

