PPL10: Healthy Active Living Education

Teacher: Mr. Antonian

Semester: 2

Contact information:

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Note: You can meet with me before class or after school to discuss material presented in class.

**Course Objective:** The purpose of this course is to educate students in the knowledge of physical activity, exercise, self-empowerment, positive behavior modeling, and group cooperation. Students will primarily engage in physical activity three times a week while attending to two lessons twice a week in a classroom setting. Students shall also be equipped by the end of the course to have achieved a foundation in physical fitness and physical activity. The healthy living component will focus on team building, building sense of self, learning to interact positively with others, and be better equipped to make healthy decisions regarding their mind and body.

**Course Breakdown:**

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| --- | --- | --- | --- | --- |
| **Participation** | **Attendance** | **Mini-Presentation** | **Final Exam** | **Fitness Test** |
| **30%** | **35%** | **10%** | **15%** | **10%** |
| -Participate by following instructions, practicing good form and technique, and taking part in games and drills. | -I take attendance so come ready and on time to get your full mark for the day. | -Pick a recreational substance (cigarettes, alcohol, marijuana etc.) research it, and make a powerpoint presentation. | -1 hour exam comprised of exercise science, food and health, anatomy, and basic physiology. | -A series of circuits designed to evaluate cardiovascular endurance and muscular endurance. |

Given that this is a physical education course, it stands to reason that the primary assessment will be based on attendance and participation. The presentation is there to help improve public speaking skills and the final exam is to test your knowledge of material presented in class.

**Material We Will Cover in Class:**

**-**Bone and Muscle Anatomy

-Bone and Muscle Physiology

-Macronutrients: Carbohydrates, Proteins and Fats

-Diet Planning

-History of Sport

-Substance Use and Abuse

-Sex Education

-Digestive System

**Key Concepts to Emphasize:** The most important aspect of this course is to emphasize the concept that is **Safety**. This safety encompasses both physical and psychological realms in order for all students to participate in a warm and inviting atmosphere. If instructions are not followed or met fully, the risk of physical injury increases exponentially.

The second concept is one of being **On-Time**. Come prepared with your clothes to gym. There is no need to bring notes or a notebook. You will be assessed visually on your willingness to participate in group and individual activities and drills. Of course, please bring a set of gym clothes.

The third and final concept is of **Mutual Respect**. I will give respect if you give it in turn. This will allow my role as instructor to be that much easier and your role as a student that much more rewarding. I do not tolerate foul language, whether directed at another student or at me. This trivializes the learning environment and creates further hostility between students. Bullying is grounds for dismissal from the class for the day. I will not tolerate bullying in my class.

**Sports that we will cover during Gym:**

-Soccer

-Badminton

-Volleyball

-Basketball

-Recreational Games

-Baseball

**Grades:**

<40%: F (Failing)

40-49%: E (Marginally Failing)

50-55%: D (Marginally Passing)

56-59%: D+ (Somewhat Passing)

60-65%: C (Satisfactory)

66-69%: C+ (Satisfactory)

70-75%: B (Good)

76-79%: B+ (Very Good)

80-89%: A (Excellent)

90-100%: A+ (Exceptional)