

NEPEAN HIGH SCHOOL

Physical and Health Education Department

PAF 30

Prerequisite:

Teacher Name: Mr. Bifulchi

COURSE DESCRIPTION:

This course is designed to allow you to improve your physical fitness through various training techniques. While this course will focus on the theory and methodology of weight training and bodybuilding, you will also be introduced to a variety of methods to increase cardiovascular fitness, muscular endurance and flexibility. Similarly you will learn to evaluate the various components of physical fitness.

ASSESSMENT AND EVALUATION:

Category and Types of Assessment	Weight
Knowledge/Understanding <ul style="list-style-type: none">• apply their knowledge of guidelines and strategies that can enhance their participation in recreation and sport activities	10%
Thinking/Inquiry <ul style="list-style-type: none">• identify the factors that contribute to positive relationships with others• demonstrate strategies to deal effectively with the social influences that contribute to the use of steroids and performance enhancing drugs• identify strategies to minimize potentially dangerous situations	10%
Communication <ul style="list-style-type: none">• demonstrate responsibility for personal safety and the safety of others• demonstrate an ability to use stress management techniques• demonstrate the social skills required to work effectively in groups and develop positive relationships with their peers.	10%
Application/Connections <ul style="list-style-type: none">• participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation	40%
Summative <ul style="list-style-type: none">• demonstrate improved physical fitness• use decision-making and goal-setting skills to promote healthy active living• demonstrate personal competence in applying training techniques and principles <p>IDS and practical 20%</p> <p>Performance testing 5%</p> <p>Summative Evaluation 5%</p>	30%

As this course is a physical activity course you are expected to be extremely ACTIVE at all times during the course. In addition, as most of the course mark is based on your daily participation, absences from class will be very costly and simply not tolerated. YOU must be responsible and YOU therefore must take ownership of your learning in this course. Thus, YOU are responsible for your daily attendance, activity level, motivation as well as for making up any missed work assignments.

To enhance your knowledge and understanding of the fitness industry, a number of tentative fitness outings may be scheduled. Some outings are free of charge, other may require a small fee.

<p>Knowledge/Understanding</p> <ul style="list-style-type: none"> • apply their knowledge of guidelines and strategies that can enhance their participation in recreation and sport activities 	10%
<p>Thinking/Inquiry</p> <ul style="list-style-type: none"> • identify the factors that contribute to positive relationships with others • demonstrate strategies to deal effectively with the social influences that contribute to the steroids and other performance enhancing drugs • identify strategies to minimize potentially dangerous situations 	10%
<p>Communication</p> <ul style="list-style-type: none"> • demonstrate responsibility for personal safety and the safety of others • demonstrate an ability to use stress management techniques • demonstrate the social skills required to work effectively in groups and develop positive relationships with their peers. 	10%
<p>Application/Connections</p> <ul style="list-style-type: none"> • participate regularly in a balanced instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation 	40%
<p>Summative</p> <ul style="list-style-type: none"> • demonstrate improved physical fitness • use decision-making and goal-setting skills to promote healthy active living • demonstrate personal competence in applying training techniques and principles <p>IDS and practical 20%</p> <p>Performance testing 5%</p> <p>Summative Evaluation 5%</p>	30%