

NEPEAN HIGH SCHOOL

Physical and Health Education Department

PSE 4U

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

Teacher Name: Mr. Symes and Mr. White

COURSE DESCRIPTION:

This course focuses on the study of human movement and of systems, factors, and principles involved in human movement. Students will learn about the effects of physical activity on health and performance, the evolution of physical activity and sports, and the factors that influence an individual's participation in physical activity.

The Exercise Science course is designed to pique intellectual curiosity and to apply analytical and critical thought to concepts related to human movement and well-being. In addition, this course aims to foster enthusiasm for an active and healthy lifestyle and to emphasize the importance of effective lifestyle practices.

The PSE4U course is divided into five major Units, as follows:

- Unit One: Introduction to Anatomy and Physiology
- Unit Two: Human Performance and Biomechanics
- Unit Three: Motor Learning and Skills Development
- Unit Four: The Evolution of Physical Activity and Sport
- Unit Five: Social Issues in Physical Activity and Sport

ASSESSMENT AND EVALUATION:

Category and Types of Assessment	Weight
Knowledge/Understanding To describe the structure and function of the human body and of the physiological principles relating to human performance which may include: <ul style="list-style-type: none">• Tests• Quizzes• Assignments• Research Projects• Worksheets	20%
Thinking/Inquiry To investigate the evolution of physical activity and sport; which may include	

<ul style="list-style-type: none"> • Journals • Oral Presentation • Research Projects 	20%
<p>Communication To demonstrate an understanding of the ways in which nutrition and training principles affect human performance; and to demonstrate an understanding of individual differences in performance, growth, and development; which may include</p> <ul style="list-style-type: none"> • Worksheets • Oral Assignments • Oral Presentations • Lab Reports 	15%
<p>Application/Connections To analyze the relationship of society and culture to sports and physical activity which may include</p> <ul style="list-style-type: none"> • Worksheets • Nutrition Analysis • Lab Reports • Tests • Design Project • Peer Teaching 	15%
<p>Summative Summative Project (10%) which may include</p> <ul style="list-style-type: none"> • Collection of your work from two to three main focus areas: • Human performance (i.e., nutrition, physiological principles, biomechanics) • Motor development (i.e., growth and development, motor learning) • Physical Activity and Sport • The Portfolio may be used as the foundation of evidence for a student-led conference or written reflection/response exercise to demonstrate key learnings <p>Final Exam (20%) which Will reflect many of the key learnings for the course as well as the weighting of each Unit within the curriculum. Exam could include:</p> <ul style="list-style-type: none"> • Bell ringer • Multiple-choice questions • Short-answer and essay questions; case studies 	30%

