



Grand River Collegiate Institute

PSK4UI COURSE OUTLINE

*"We believe in human dignity, commitment
to learning and education for life."*

175 Indian Road
Kitchener, ON N2B 2S7
(519) 576-5100
Web site: grc.wrdsb.on.ca

Course Name	Course Code	Prerequisite
Introductory Kinesiology	PSK4UI	Senior Level Science OR Senior Level Phys Ed
Teacher	Contact	
Mrs. L. Leavy	Room 3-219 519-576-5100	

Textbook: Exercise Science: An Introduction to Health and Physical Education

Ted Temertzoglou and Paul Challen
ISBN 978-1-55077-132-9, First Edition, 2003

COURSE DESCRIPTION

This course focuses on the study of human movement, and of systems, factors and principles involved in human development. 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 course prepares students for university programs in physical education and health, kinesiology, health sciences, health studies, recreation, and sports administration.

STRANDS & ESSENTIAL LEARNINGS

To be successful in this course you **must** be able to demonstrate **all** of the following essential expectations as communicated by your teacher:

The Basis of Movement – STRAND 1

- *Anatomy and its Applications*
- *Physiology of Exercise*
- *Human Performance & Training*
 - Describe the structure & function of the body systems involved in human movement
 - Demonstrate an understanding of anatomical and physiological principles related to human movement
 - Demonstrate an understanding of and assess factors that affect human performance

Biomechanics & Motor Development – STRAND 2

- *The Mechanics of Movement*
- *Phases of a Skill*
- *Movement Analysis*
 - Demonstrate an understanding of the phases of movement and of physical laws and biomechanical principles related to improving movement
 - Demonstrate an understanding of individual differences in performance, growth & development

Physical Activity and Sport in Society – STRAND 3

- *Impact of society on areas of sport and vice versa*
 - Describe the evolution of physical activity & sports and analyze current social issues
 - Demonstrate an understanding of benefits of participation in physical activity, as well as the factor that enable and constrain participation

EVALUATION

Formative Assessment

- Formative assessment will be ongoing throughout the semester in the form of quizzes, classwork, class discussion, as well as other formats
- This form of assessment allows opportunities for the student to practice as well as to valuable feedback from the teacher regarding next steps with respect to each essential learning
- Formative assessment also provides the teacher with important information about each student that can be reflected upon during determination of final course grades.

Summative Assessment

- Term Work (*Tests & Quizzes, Assignments, Presentations*) 60%
- Major Assignment: *Preliminary Skill Analysis* 10%
- Summative Assessment 30%

Refer to the **GRCI Web Site** www.grc.wrdsb.ca for Assessment, Evaluation and Reporting Policies as well as Academic Honesty and Late Policies.

PROCEDURES

Late and Missing Assignments: It is important for students to develop good personal management skills (such as time management and planning). These skills will be reflected in the **learning skills** area of the report card. It is expected that students will complete and submit all essential tasks as they are the opportunity for you to demonstrate your learning to your teacher.

Attendance: Attendance in classes is an important part of learning, and absences should be avoided. When a student is absent, a parent/guardian must call the school's attendance line on the date of absence, or provide a note explaining the absence for the student to submit the following day. Students are responsible for what they missed during their absence.

Cheating and Plagiarism: It is important for students to do their own best work. Some assignments for this class are done within the classroom and observed by the teacher, which helps to minimize the chances of cheating and plagiarism. However, in the event that cheating or plagiarism occurs, the following consequences may be implemented, in consultation with administration and dependent upon the situation:

1. The student may be required to redo all or part of the assignment or assessment.
2. The student may be required to complete an alternate assignment or assessment.
3. The student's work may be treated as a missed assignment.

There may also be other consequences that are determined to be appropriate (e.g. detention, suspension, etc.) as per the school's progressive discipline process. Parents/guardians will be informed about the infraction and the consequences.

Please refer to the school website: <http://grc.wrdsb.ca/about/policies> for more details on these policies and other academic procedures.

Signatures

Please sign below indicating you have read and understand the requirements for successful completion of this course.

Student (check if adult status)

Parent/Guardian

Date

Date