



Grand River Collegiate Institute

PLF4M 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

Identifying Information

- Course Title:** Recreation and Healthy Active Living Leadership
Course Code: PLF4M
Course Type: College/University
Grade: 12
Credit Value: 1
Ministry: The Ontario Curriculum, Secondary
Document: <http://www.edu.gov.on.ca/eng/curriculum/secondary/health9to12.pdf>
Textbook: None
Prerequisite: Any Health and Physical Education Course

Teacher Contact Information

Course Teacher	
Telephone Contact	
Email Contact	

COURSE DESCRIPTION

This course enables students to explore the benefits of lifelong participation in active recreation and healthy leisure and to develop the leadership and coordinating skills needed to plan, organize, and safely implement recreational events and other activities related to healthy, active living. Students will also learn how to promote the benefits of healthy, active living to others through mentoring and assisting them in making informed decisions that enhance their well-being. The course will prepare students for university programs in physical education and health and kinesiology and for college and university programs in recreation and leisure management, fitness and health promotion, and fitness leadership.

ESSENTIAL COURSE COMPONENTS

To be successful in this course, you **must** be able to demonstrate **all** of the following:

- demonstrate an understanding of the concept of leadership and of the attributes, skills, and styles needed to be an effective leader;
- demonstrate leadership skills in a variety of contexts related to healthy, active living;
- demonstrate an understanding of group dynamics, and apply teamwork skills in a variety of contexts related to healthy, active living
- identify and explain the benefits of lifelong participation in active recreation and healthy leisure, and demonstrate an understanding of factors that enable and constrain participation in active recreation and healthy leisure activities;
- demonstrate the ability to plan and coordinate an event related to healthy, active living;
- demonstrate an understanding of safety procedures needed for injury prevention in a variety of activities related to healthy, active living
- demonstrate an understanding of mentorship and the methods used by effective mentors to contribute to the growth and development of others;
- demonstrate the ability to help others develop and implement a personal healthy active living plan.

Assessment and Evaluation:

40% Participation - daily class involvement in a variety of settings

20% Off Campus leadership experience

10% written assignments and tests and quizzes

30% summative: organizing and running a major event

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. Most assignments for this class are done within the classroom, observed by the teacher, and this helps to minimize the chances of cheating and plagiarism. In the event that cheating or plagiarism occurs, the following consequences may be implemented, in consultation with administration, depending on 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.