



# GRCI Renegades Health & Physical Education Course Descriptions

## Grade 9

**Course Name:** Healthy Active Living (male, female)

**Course Code:** PPL1OBY (male), PPL1OGX (female)

**Prerequisite:** None

### Course Description

This course focuses on introducing students to a variety of physical activities in order to promote lifelong participation in a healthy active lifestyle. Students will be given opportunities to practice goal-setting, decision-making, social, and interpersonal skills, as well as conflict resolution. Students will investigate issues related to healthy sexuality, substance use and abuse, injury prevention, and healthy eating.

**\*\*Highly recommended for all grade 9 students!**

## Grade 10

**Course Name:** Personal and Fitness Activities (powerfit)

**Course Code:** PAF2OY (male)

**Prerequisite:** None

### Course Description

This course introduces strength training and conditioning and allows students the opportunity choose their training programs based on their own health and wellness goals. Students will also examine issues related to healthy sexuality, healthy eating, and decision-making, and making personal choices.

**Course Name:** Personal and Fitness Activities (livefit)

**Course Code:** PAF2OX (female)

**Prerequisite:** None

**Course Description**

This course emphasizes regular participation in strength training and cardiovascular fitness. Student learning will include participation in a variety of activities that enhance personal fitness and health; as well as examination of issues related to healthy sexuality, healthy eating, and decision-making, and making personal choices. This course is for female students only.

**Course Name:** Hockey Focus

**Course Code:** PAL2OI (co-ed)

**Prerequisite:** None

**Course Description**

The Hockey Focus Course is a course that emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. The main focus of the course is the development of technical and tactical skills related to the game of hockey. Students will refine their hockey skills while actively participating in games and practices both on and off the ice to enhance their personal competence and personal fitness.

**Course Name:** Healthy Active Living

**Course Code:** PPL2OY (male)

**Prerequisite:** None

**Course Description**

This course emphasizes regular participation in a variety of enjoyable individual and team sports that promote lifelong healthy active living. Student learning will include the application of movement principles to refine skills; participation in a variety of activities that enhance personal competence, fitness and health. This course is for male students only.

**Course Name:** Healthy Active Living

**Course Code:** PPL2OX (female)

**Prerequisite:** None

**Course Description**

Emphasis on regular participation in a variety of physical activities that promote lifelong healthy active living. Focusing on the application of movement principles to refine skills; participation in activities that enhance personal competence, fitness, and health;

examination of issues related to nutrition and healthy eating; and the use of informed decision-making, conflict resolution, and social skills in making personal choices. This course is for female students only.

## **Grade 11**

**Course Name:** Personal and Fitness Activities (powerfit)

**Course Code:** PAF3OY (male)

**Prerequisite:** None

### **Course Description**

This course focuses on a more in depth understanding of strength training and conditioning. Students will continue to have an opportunity to choose their workout program based on their own health and wellness goals. Students will continue to examine healthy living topics with a larger focus on diet and supplementation.

**Course Name:** Personal and Fitness Activities (livefit)

**Course Code:** PAF3OX (female)

**Prerequisite:** None

### **Course Description**

This course emphasizes regular participation in strength training and cardiovascular fitness. Student learning will include participation in a variety of activities that enhance personal fitness and health; as well as examination of issues related to healthy sexuality, healthy eating, and decision-making, and making personal choices. This course is for female students only.

**Course Name:** Healthy Active Living

**Course Code:** PPL3OY (male)

**Prerequisite:** None

### **Course Description**

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable individual and team sports that have the potential to engage students' interest throughout their lives. Students will be encouraged to develop competence in a variety of movement skills and will be given opportunities to practice decision-making, social and interpersonal skills. This course is for male students only.

**Course Name:** Healthy Active Living

**Course Code:** PPL3OX (female)

**Prerequisite:** None

**Course Description**

Focuses on the development of a healthy lifestyle and participation in a variety of individual and team activities that may engage students' interest throughout their lives. Development of personal competence in a variety of movement skills and opportunities to practice goal-setting, decision-making, social and interpersonal skills. Also study the components of healthy relationships, mental health and personal safety. This course is for female students only.

## **Grade 12**

**Course Name:** Personal and Fitness Activities

**Course Code:** PAF4OI (co-ed)

**Prerequisite:** None

**Course Description**

This is a co-ed course designed for students who do not have a specific sport preference or proficiency. They should be interested in personal fitness, training and conditioning. The students will set and pursue personal fitness goals through a variety of workout activities with an emphasis on "overall health". Active participation is a requirement for this course.

**Course Name:** Healthy Active Living

**Course Code:** PPL4OI (co-ed)

**Prerequisite:** None

**Course Description**

The grade 12 course focuses on a variety of sports, recreational activities and leadership opportunities that have the potential to engage students' interest throughout their lives. They are given the opportunity to choose their program. This may include off campus activities such as canoeing, rowing, billiards, rock climbing, golf, bowling, tennis, extreme sports, squash, biking, aquatics, fencing, camping, bocce ball.

**Course Name:** Athletic Leadership

**Course Code:** PLF4MI (co-ed)

**Prerequisite:** Any Physical Education Course

**Course Description**

This course will develop Athletic Leadership theories as students pursue recreational leadership roles in the school and community. Fitness leadership activities include: planning and organizing intramurals at GRCI and feeder schools, and working to plan and implement recreational programming for the Developmentally Challenged and Life Skills classes. Athletic Leadership Students will study and apply proactive theory in developing skills in the areas of conflict resolution, event planning and publicity, goal setting, problem solving, group dynamics, teamwork, fitness for specific populations, and coaching theory. Activities may include; intramural planning and visits at feeder schools, working with GRCI students with developmental challenges, planning the GRCI Athletic Banquet, and fitness for the aging.

**Course Name:** Exercise Science

**Course Code:** PSK4UI (University Level)

**Prerequisite:** Grade 11 U or U/C Course in Science, or Grade 11 or 12 course in health and physical education

**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 sport, and the physiological, psychological, and social factors that influence an individual's participation in physical activity and sport. The course prepares students for university programs in physical education and health, kinesiology, health sciences, health studies, recreation, and sports administration.