



Merivale High School

Physical and Health Education Department

Course Offerings for 2021-22

<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u>Grade 12</u>
PPL1OP	PPL2O P/Q	PPL3O P/Q	PPL4O P/Q
PPL1OQ	PAF2O	PAF3O /3OF	PAF4O
	PAF2OF	PPZ3O	PSK4U
	PAI2O	IDC3O	
		PA D 3O (not offered for 2021-22)	

PPL - “Traditional” Core Phys Ed (Healthy Active Living)

Grades 9 through 12 (P - female, Q - male) PPL courses emphasize regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. They investigate issues related to health topics such as nutrition, healthy growth and sexuality, the use and abuse of substances, as well as sleep, mental health and many more. Students participate in activities designed to develop goal-setting, communication, and social skills.



PAF - Personal Fitness



This English and French grade 10, 11 and 12 focus course emphasizes daily physical participation in a variety of demanding physical challenges that serve to promote an interest in personal fitness and lifelong healthy active living. Students learn fitness training theory, skills, principles and methods used to improve personal fitness and physical literacy, as well as safety and injury prevention. Students investigate issues related to personal fitness testing and training, and participate in activities designed to develop goal-setting, developing and

following a personal fitness program and prepare both physically and mentally to complete a competitive 5K or 10K road race. Students bring balance and improvement to their personal level of fitness.

PAI20 - Leadership Studies

This course is designed for students who wish to study and implement the ideas, theories and concepts relating to how leadership functions within a team. Much of the focus of the program is to explore a wide range of concepts and skills related to group dynamics as well as to the health and vitality of individuals within a community through experiential learning.



PPZ30 - Health for Life



Health for Life enables students to examine factors that influence their health practices and behaviours as well as elements that contribute to the development of healthy communities. Concepts of wellness, healthy eating, physical activity, and building and maintaining a positive sense of self guide this course. The course prepares students for college programs in health sciences, fitness, wellness, and health promotion.

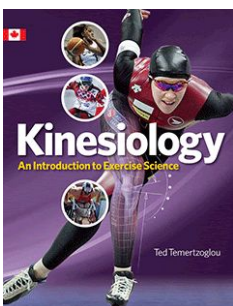
IDC30 - LINK Crew

Students are provided the opportunity to develop communication, organization, and leadership skills while creating connections with teacher-coordinators, classmates and their grade nine Link Crew groups. Individual growth goals include becoming effective and positive role models, motivators and teachers, as well as acquiring knowledge and strategies for managing and leading groups (most specifically grade nines). Ongoing feedback, reflection, and formal evaluations help guide individual progress in the course. Experiential learning activities, practical leadership experiences (within and outside of class hours), and targeted skill development workshops help to empower students to bring about positive change in themselves and others, becoming stronger school leaders and mentors in the process.



COURSE NOTE: An application and interview is required for successful admission.

PSK4U - Exercise Science



This course focuses on the study of human movement and body systems, factors, and principles involved in human development and performance. Students will learn about the effects of physical activity and training, 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, kinesiology, health sciences, recreation, and sports administration.