

# PHYSICAL EDUCATION DEPARTMENT

## CAREER OPPORTUNITIES FOR PHYSICAL EDUCATION

### WORK

Coach  
Dance Instructor  
Lifeguard  
Model  
Ski Instructor

### UNIVERSITY

Athletic Therapist  
Chiropractor or Physiotherapist  
Fitness Consultant/Coach  
Kinesiologist  
Physical Education Teacher  
Rehabilitative Programmer  
Sport Program Manager  
Sport Psychologist  
Sport/Health Promoter  
Sports Journalist or Agent

### COLLEGE

Coach & Sport Developer  
Fitness and Health Promoter  
Massage Therapist  
Paramedic  
Recreation Leisure Programmer  
Sport Equipment Manager

## SHSM-HEALTH AND WELLNESS- (FITNESS FOCUS)

A SHSM allows students to focus on knowledge and skills that are of particular importance in the health and wellness sector, and to obtain certifications recognized in this sector, as they work towards meeting the requirements for an Ontario Secondary School Diploma (OSSD).

Students who graduate with a SHSM designation on their diploma are better prepared for success in the post secondary destination of their choice, whether it is apprenticeship training, a college or university program, or the workplace.

**Turn to page 67 for more information about this program and how to apply.**

### Grade 9

- Healthy Active Living (*this course is highly recommended*)

### Grade 10

- Healthy Active Living

### Grade 11

- Healthy Active Living
- Healthy Active Living-Outdoor Pursuits
- Health for Life

### Grade 12

- Healthy Active Living
- Interdisciplinary Study: The Business of Sport
- Recreation and Fitness Leadership
- Exercise Science



## SHSM--Health and Wellness (Fitness Focus)

### Cooperative Education

- Healthy Active Living
- Exercise Science
- Education Recreation and Fitness Leadership
- The Business of Sport

***There is a Voluntary Enrichment Experience Fee for each of these courses to help cover costs.***

### PPL10

#### **Healthy Active Living, Grade 9**

This co-educational course emphasizes students' daily participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement techniques and principles, ways to improve personal fitness and physical competence, and safety and injury prevention strategies. They will investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs and will participate in activities designed to develop goal-setting, communication, and social skills. Decision-making and problem solving skills are applied throughout the course.

**Voluntary Enrichment Experience Fee: \$20** includes Grotto Wall Climbing Week and CPR certification.

### PPL20

#### **Healthy Active Living, Grade 10**

This course emphasizes regular participation in a variety of enjoyable physical activities 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; examination of issues related to healthy sexuality, healthy eating, substance use and abuse; and the use of informed decision-making, conflict resolution, and social skills in making personal choices and body image.

**Voluntary Enrichment Experience Fee \$25** may include an *outdoor experience/adventure day* including a "ropes" course.

**PAL30**

**Healthy Active Living – Large Group Activities, Grade 11, Open**

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students’ interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practice goal-setting, decision-making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal fitness. Students will choose from a variety of optional activities that include team sport, individual sports and recreational activities.

***A voluntary enrichment experience fee may apply.***

**PAF30**

**Personal and Fitness Activities, Grade 11, Open**

This course helps students develop a personalized approach to healthy living. Students will examine the factors that affect their own health and the health of individuals as members of the community. They will learn about the components of the Vitality approach to healthy living - an initiative that promotes healthy eating, an active lifestyle, and a positive self-image. Throughout this course, students will develop the skills necessary to take charge of and improve their own health, as well as to encourage others to lead healthy lives. Students spend equal time in the classroom and engaging in physical activity as they develop their own healthy active living plans and focus on personal training and individual fitness.

**PAD30**

**Healthy Active Living Education - Outdoor Pursuits, Grade 11, Open**

This co-educational course offers students participation in a variety of enjoyable outdoor activities that will engage students at many levels. The course will increase the students’ environmental awareness and enhance their leadership abilities. Experiences will include, challenges such as a five-day canoe trip to the Magnetawan River, three-day over-night winter camping, downhill skiing/snowboarding and cross country skiing, mountain biking, hiking, winter sports and many other outdoor adventures. Furthermore, hands on tasks, such as wilderness photography, water colours, paddle design, or native crafts will empower students to learn through experience and exploration, thus establishing a connection with our Canadian outdoor culture. Students will also study the components of healthy relationships, reproductive health, mental health and personal safety. Furthermore, students may be certified in the Duke of Edinburgh Leadership Program.

**Note**

**PAL40**

**Healthy Active Living – Large Group Activities, Grade 12, Open**

This course focuses on the development of a personalized approach to healthy active living through participation in a variety of sports and recreational activities that have the potential to engage students’ interest throughout their lives. Students will develop and implement personal physical fitness plans. In addition, they will be given opportunities to refine their decision-making, conflict-resolution, and interpersonal skills, with a view to enhancing their mental health and their relationships with others. ***Voluntary Enrichment Experience Fee: \$70.00 includes units in golf, curling, billiards, bowling as well as traditional activities.***

**The Physical Education Policy on Uniforms:**

*The PHE Department requires that all students taking Physical Education be dressed appropriately for physical activity. This includes a T-shirt, athletic shorts and socks, and gym shoes.*

*After Grade 9 you can take MORE than ONE Healthy Active Living Courses for credit.*

*You can earn credits in PAD30, PAF30 and PAL30*

***Enrichment Experience Fee: \$225.00 to help cover the cost of all the outdoor activities.***

**PLF4C**

**Recreation and Fitness Leadership - Grade 12, College Preparation**

This course focuses on the development of leadership and coordination skills related to recreational activities. Students will acquire the knowledge and skills required to plan, organize, and implement recreational events. They will also learn how to promote the value of physical fitness, personal well-being, and personal safety to others through mentoring and teaching. The course will prepare students for college programs in Health and Physical Education. The course expectations can be met through one of the following three ways.



**PLF4C1 – Basketball / Volleyball Focus (Semester ONE only)**

Students will focus their leadership development on basketball and volleyball. Students will explore various topics in coaching theory and analysis in order to develop skills and knowledge that will allow them to teach and coach these sports. NCCP Coaching Certification is also available.

**PLF4C2 – Track and Field / Fitness Promotion (Semester TWO only)**

Students will use the sport of track and field to demonstrate skills and knowledge of planning, organizing and implementing events. Students will discover coaching theory and analysis techniques to Track and Field in order to develop skills which will enable them to teach and coach various aspects of the sport. A large focus of this course will be on fitness development and promotion. NCCP Coaching Certification is also available.

**PLF4C3 - Advanced OUTDOOR Education Focus (either/both semester)**

Students will plan and lead outdoor field trips and adventure programming. Topics such as wilderness survival, advanced navigation, environmental issues and wilderness leadership are covered. This course includes a 5-day canoe, biking and rock climbing trip. Also included is an overnight solo camp experience, plus a winter trip. All students will be certified by the Ontario Recreational Canoe Association. (ORCA)

*Enrichment Experience Fee: \$225.00 for various trips and outdoor experiences.*

*Prerequisite: PAD30 Grade 11 Outdoor Ed. IS STRONGLY RECOMMENDED.*

**PSE4U**

**Exercise Science, Grade 12, University Preparation**

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, Kinesiology, Recreation, Sports Administration and Nursing.

**Fee: *Optional Workbook Fee***

**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.

**IDC4U**

**INTERDISCIPLINARY STUDIES: The Business of Sport, Grade 12, University Preparation**

This course examines the principles and theories of sport management. Students will look in depth at the business of non-profit, community, high school, collegiate and professional sports organizations. The course will give students opportunities for hands on experiences in the business of sport. Sport marketing, law administration and societal influences of sport business are some examples of theoretical content of this course. ***A Voluntary Enrichment Fee May Apply.***

**Suggested Preparation: BMI3C Grade 11 Marketing (see page 20)**

**NOTE: Students may not receive a credit in both IDC4U and IDP4U.**

