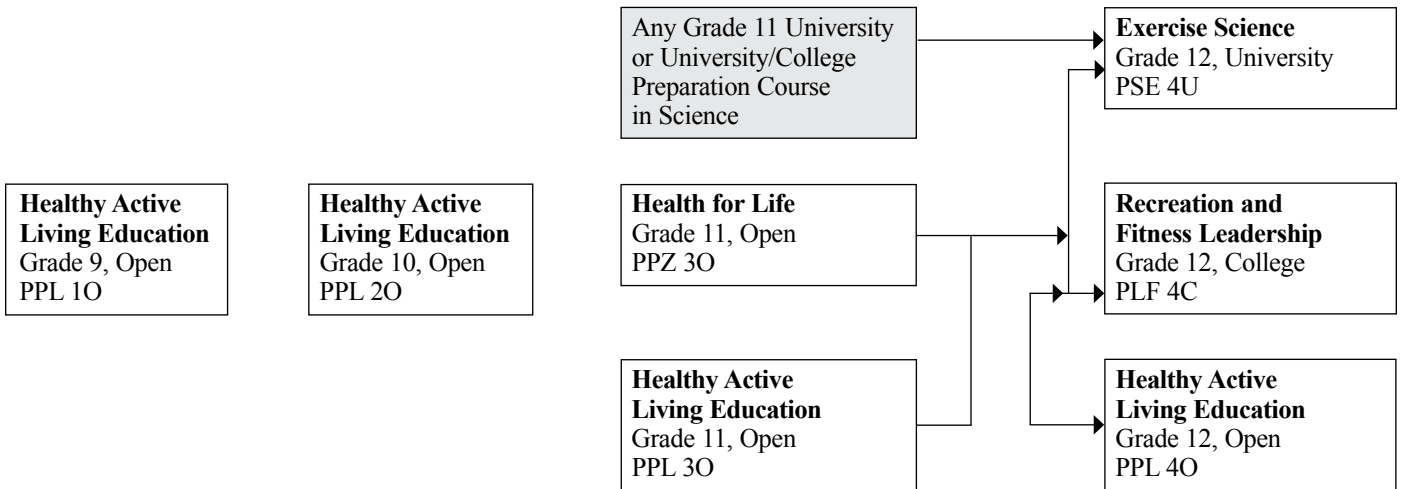


Prerequisite Chart for Health & Physical Education

This chart maps out all the courses in the discipline and shows the link between courses and the possible prerequisites for them. It does not attempt to depict all possible movements from course to course.



Health & Physical Education

Healthy Active Living Education, Grade 9, Open (PPL 10)

This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong healthy active living. Students will learn movement skills and principles, ways to improve personal fitness and physical competence, and safety and injury prevention. 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.

Prerequisite: None

Healthy Active Living Education, Grade 10, Open (PPL 20)

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.

Prerequisite: None

Healthy Active Living Education, Grade 11, Open (PPL 30)

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, coping, social and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health and personal safety.

Prerequisite: None

Health for Life, Grade 11, Open (PPZ 30)

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.

Prerequisite: None

Healthy Active Living, Grade 12, Open (PPL 40)

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 enhance their mental health and their relationships with others.

Prerequisite: None

Exercise Science, Grade 12, University Preparation (PSE 4U)

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 and sports administration.

Prerequisite: Any Grade 11 University or University/College Preparation Course in Science or any Grade 11 or 12 Open Course in Health & Physical Education

Recreation and Fitness Leadership, Grade 12, College Preparation (PLF 4C)

This course focuses on the development of leadership and co-ordination 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. The course will prepare students for college programs in recreational, leisure and fitness leadership.

Prerequisite: Any Grade 11 or 12 Open Course in Health & Physical Education

Options for grades 9-12:

PAD	Outdoor Activities
PAF	Personal and Fitness Activities
PAI	Individual and Small Group Activities
PAL	Large Group Activities
PAQ	Aquatics
PAR	Rhythm and Movement