

Healthy Active Living Education, Grade 12, Open (PPL40)

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. Prerequisite: *None Alexander Henry, Bawating, CASS, Chapleau, Elliot Lake, Korah, SJD, WC Eaket, and White Pines only*

Exercise Science, Grade 12, University Preparation (PSE4U)

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 and physical education Recommended: SBI3U *Bawating, CASS, Elliot Lake, Korah, Michipicoten, SJD, WC Eaket, and White Pines only*