

Guidance and Career Education

increase students' confidence, motivation, and ability to learn.

Prerequisite: *Students must have an Individual Education Plan and recommendation of Principal*

NOTE

GLS101 and GLE10/209 are duplicate credits and GLS401 = GLE30/409 are also duplicate credits.

GLN401

Navigating the Workplace, Grade 12, Open

This course provides students with opportunities to develop the workplace essentials skills and work habits required for success in all types of workplaces. Students will explore occupations and careers of interest through participation in real workplace experiences (e.g., information interviews, work experiences). They will make plans for continued learning and work, work with others to design learning experiences, and investigate

the resources and support required to make a smooth transition to their post-secondary destination.

GLS104/5

Stratégies d'apprentissage I

This course is for Extended or French Immersion. For the English descriptor see Learning Strategies I-Skills for Success in Secondary School, Grade 9, Open.

Health and Physical Education

PES331

Art and Science of Coaching, Grade 11, Open

This course prepares and motivates students to provide coaching leadership and assistance to others on sports teams in schools and communities. Students will learn about and develop coaching skills including self and team management skills and physical and psychological preparation and motivation of team members. Students will discover the coach's role as a leader of a group of athletes, deal with the aspects of the daily to yearly operation of a team, learn various physical training methods, and develop mental training strategies. By the end of this course students will demonstrate an understanding of those skills necessary to help themselves and others reach their full athletic potential.

Note: *This is a locally developed optional credit course.*

PSE4U1

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, 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*

PPL10

Healthy Active Living Education, Grade 9, Open

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.

PPL20

Healthy Active Living Education, Grade 10, Open

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.

NOTE

6th character from the school charts indicates the following:

- 1 or 4/5 = Co-ed/Mixed
- M = Male
- Q = Male Immersion
- O = Male Extended
- F = Female
- G = Female Immersion
- R = Female Extended



Health and Physical Education

PPL30

Healthy Active Living Education, 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' interests through-out 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.

PPL40

Healthy Active Living Education, 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' interests 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.

PPZ30

Health for Life, 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.

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. The course will prepare students for college programs in recreational, leisure, and fitness leadership.

Prerequisite: Any Grade 11 or 12 Open course in Health and Physical Education

PPF104/5

Vie active et santé (filles)

This course is for Extended or French Immersion students. For the English descriptor see Healthy Active Living Education, female, Grade 9, Open.

PPM104/5

Vie active et santé (garçons)

This course is for Extended or French Immersion students. For the English descriptor see Healthy Active Living Education, male, Grade 9, Open.

FOCUS OPTION COURSES FOR HEALTHY ACTIVE LIVING

The learning expectations of Healthy Active Living Education (PPL10/20/30/40) courses outline the knowledge, skills and health areas of study that students are expected to demonstrate by the end of each course. Schools may offer focus courses options for a particular group of physical activities as the vehicle through which students will attain the expectations.

Possible focus options are listed below.

PAR10/20/304/5

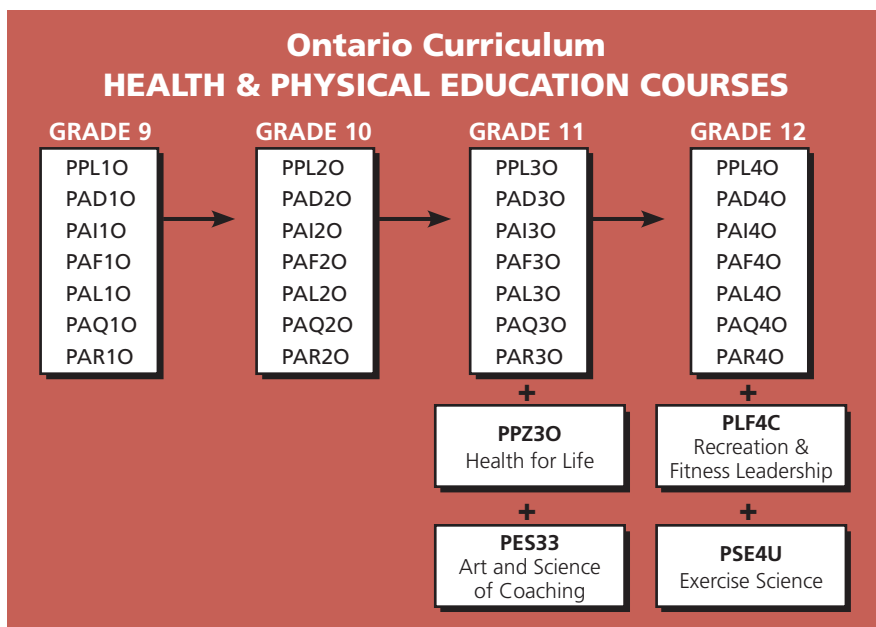
Activités liées au rythme et au mouvement (mixte)

This course is for Extended or French Immersion students. For the English descriptor please see Personal and Fitness Activities, Grade 10, Open.

PAF10/20/304/5

Activités personnelles et de conditionnement

This course is for Extended or French Immersion students. For the English descriptor please see Personal and Fitness Activities, Grade 10, Open.



Health and Physical Education



PAQ10/20/30/40

Aquatics, Grade 9, 10, 11 and 12, Open

These courses emphasize regular participation in a variety of enjoyable aquatics activities that promote life-long healthy active living. Student learning will include the application of movement principles to refine aquatics skills (e.g. speed swimming, water polo, life saving awards, CPR), participation in a variety of aquatic activities that enhance personal competence, fitness and health and the examination of issues related to healthy living. Reference should be made to the Healthy Active Living Education open course descriptions for Grades 10, 11 and 12 for health areas of study.

PAI10/20/30/40

Individual and Small Group, Grade 9, 10, 11, 12 Open

This course emphasizes regular participation in a variety of enjoyable individual and small group activities that promote life-long healthy active living. Student learning will include the application of movement principles to refine individual and small group skills (e.g. racquet sports, cross country skiing, orienteering, etc), participation in a variety of activities that enhance personal competence, fitness and health and the examination of issues related to healthy living. Reference

should be made to the Healthy Active Living Education open course descriptions for Grades 10, 11 and 12 for health areas of study.

PAL10/20/30/40

Large Group Activities, Grade 9, 10, 11, 12 Open

This course emphasizes regular participation in a variety of enjoyable large group activities that promote life-long healthy active living. Student learning will include the application of movement principles to refine their skills, participation in a variety of large group/team sport activities that enhance personal competence, fitness and health and the examination of issues related to healthy living. Reference should be made to the Healthy Active Living Education open course descriptions for Grades 10, 11 and 12 for health areas of study.

PAD10/20/30/40

Outdoor Activities, Grade 9, 10, 11, 12 Open

This course emphasizes regular participation in a variety of enjoyable outdoor activities that promote life-long healthy active living. Student learning will include the application of movement principles to refine outdoor skills (e.g. camping, canoeing, hiking etc), participation in a variety of activities that enhance personal

competence, fitness and health and the examination of issues related to healthy living. Reference should be made to the Healthy Active Living Education open course descriptions for Grades 10, 11 and 12 for health areas of study.

PAF10/20/30/40

Personal and Fitness Activities, Grade 9, 10, 11, 12 Open

This course emphasizes regular participation in a variety of enjoyable fitness activities that promote life-long healthy active living. Student learning will include the application of movement principles to refine their skills, participation in a variety of fitness activities (e.g. aerobics, weight training, jazzercise, self-defense etc) that enhance personal competence and health, and examination of issues related to healthy living. Reference should be made to the Healthy Active Living Education open course descriptions for Grades 10, 11 and 12 for health areas of study.

PAR10/20/30/40

Rhythm and Movement, Grade 9, 10, 11 and 12 Open

This course emphasizes regular participation in a variety of rhythm and movement activities that promote life-long healthy active living. Students will experience the health-related values of fitness through dance, and explore the elements of technique, composition and performance of movement related to dance. Various dance forms including ballroom, ballet, creative, folk, rhythmic and popular dance will be experienced.

FOCUS COURSE OPTIONS

Within the curriculum, there are many opportunities to meet program expectations through a variety of options. An example of a Focus Option is as follows:

PAR10/20/30/4/5

Activités liées au rythme et au mouvement (mixte)

This course is for Extended or French Immersion students. For the English descriptor please see Personal and Fitness Activities, Grade 10, Open.

The course descriptor at left explains French Immersion Phys. Ed. Class. It shows that this focus course can be taught in all of the grades and levels listed.

On a school chart, however, (found online at www.tdsb.on.ca/schools/), the codes read more specifically. For example:

Health and Physical Education

Activités liées au rythme et au mouvement (mixte) PAR20/4/5 PAR30/4/5

NOTE

Please note students may select any number of Focus Options at the same grade level each year.