

# Health & Physical Education Courses

## Traditional

- Play numerous different sports
- basketball, volleyball, floor hockey, touch football, soccer, badminton, etc.

**Course code:** PPL

**Female = PPL 1OF, 2OF, 3OF, 4OF**

**Male = PPL 1OM, 2OM, 3OM, 4OM**

## FOOTBALL

### LARGE GROUP ACTIVITIES

- Learn specific skills and rules of the game
- Positions
- Game play daily

**Course code:** PAL 2OF

## SOCCER

### LARGE GROUP ACTIVITIES

- Team tactics, philosophy
- Player development
- Game play daily

**Course code:** PAL 2OS

## BASKETBALL

### LARGE GROUP ACTIVITIES

- Player and coaching development
- Tactics and strategies
- Referee development
- Game play daily

**Course code:** PAL 3OB

## INTRODUCTORY KINESIOLOGY

- The study of human movement and systems
- Factors and principles involved in human development
- Evolution of sport
- Principles of strength training and athletic development
- Prepares students for university programs in physical education and health, kinesiology, health sciences, health studies, recreation and sports administration

**Course code:** PSK 4U1



## SPORTS LEADERSHIP

- Event planning - Pink Week, Hoops for Heart, Dodge for a Cause, School Tournaments
- Leadership theory as it applies to sports and coaching
- Interactive activities and field trips with partners in the field of athletics and sport management

**Course code:** PLF 4M1

## DANCE

### RHYTHM AND MOVEMENT

- A variety of dances are incorporated - Hip Hop, lyrical, contemporary, jazz, Broadway and cultural dances
- Learn new and familiar dance steps and skills
- Dance DAILY

**NO dance experience is needed!!!**

**Course code:** PAR 1OD, 2OD, 3OD, 4OD

### WEIGHT TRAINING

- Involves circuits, cardio and strength training exercises
- Focus on individual goals for improvement
- Promotes a healthy active lifestyle

**Course code:**

**Females:** PAF 3OF, 4OF

**Males:** PAF 3OM, 4OM

### FUNFIT

#### INDIVIDUAL & SMALL GROUP

- Aerobic and strength training classes
- Variety of different workouts - circuits, step class, Zumba, kickboxing, yoga, stretch class
- Promotes physical activity to lead healthy active lives

**Course code:** PAI 3OF, 4OF

### OUTDOOR ACTIVITIES

- Outdoor survival
- Camping basics

**Course code:** PAD 4O1