

## Course Outline: Health for Life, Grade Eleven, College Preparation

**Teacher:** Corrie Frisina

**Credit Value:** 0.5

**Course Code:** PPZ3C6

**Prerequisite:** None

**Course Description:** This course enables students to examine the factors that influence their own health practices and behaviours as well as those factors that contribute to the development of healthy communities. It emphasizes the concept of wellness, which addresses all aspects of well-being – physical, cognitive, emotional, spiritual, and social – and promotes healthy eating, physical activity, and building and maintaining a positive sense of self. Students will develop the skills necessary to make healthy choices and create a personal wellness plan. They will also design initiatives that encourage others to lead healthy, active lives. The course prepares students for college programs in health sciences, fitness, wellness, and health promotion.

**Textbook:** N/A

Curriculum Strands:	Units of Study:
Determinants of Health	Personal Fitness Plan and Execution of Plan
Wellness	Health Promotion and Vitality
Healthy Communities	

### Assessment & Evaluation:

Term Work:	70%	Final Summative:	30%
Implementation of Wellness Plan	55%	Wellness Project	= 15%
Workout Journal	5%	Practical Assessment	= 15%
Health Assignments	10%		

**Within each Curriculum Strand, the following Achievement Chart Categories will be used for individual evaluations:** Knowledge/Understanding, Thinking/Inquiry, Communication, Application

**Learning Skills and Work Habits:** The following Learning Skills and Work Habits are evaluated regularly using a scale of Excellent, Good, Satisfactory or Needs Improvement:

- Responsibility
- Organization
- Independent Work
- Collaboration
- Initiative
- Self-Regulation

**Growing Success:** Students will be assessed through a combination of conversation, observation, and product. Success criteria, exemplars and ongoing descriptive feedback will be used to support student learning. Assessment will be varied in nature, and administered over a period of time to provide multiple opportunities for students to demonstrate the full range of their learning. The final grade should reflect the student's most consistent level of achievement, with special consideration given to more recent evidence. (*Growing Success, 2010*)

**Teaching Strategies:** A variety of teaching and learning strategies will be incorporated throughout the course.