**Physical Education 10F**

**Course Summary:**

This course will give you the opportunity to learn more about yourself and encourage you to make more informed decisions about healthy active living. The course content focuses on being physically active, identifying healthy lifestyle concepts and practices, and establishing personal safety. You will learn the essential tools to what it takes to be active for life.

**Course Evaluation:**

While taking this course, you will be required to keep track of your physical activity, participate in the choice of virtual or electronic discussions, attempt module tests, and complete the substance use and abuse assignment.

**Modules Listing:**

* Module 1: Healthy Lifestyle Practices
* Module 2: Personal Management
* Module 3: Social Management
* Module 4: Substance Use and Abuse
* Module 5: Personal Safety
* Module 6: Human Sexuality

**Grade Breakdown:**

* Test(s): 40% of grade
* Physical Activity Log: 45% of grade
* Assignment(s): 10% of grade
* Discussion(s): 5% of grade