**Physical Education 20F**

**Course Summary:**

This course focuses on healthy active lifestyle concepts and practices that build upon grade 9 physical education. This course will provide you the opportunity to learn more about yourself while also understanding the importance of personal and social management, fitness physiology, mental health, nutrition, and so much more.

**Course Evaluation:**

The physical education portion of this course is structured as a self and parental/guardian monitoring activity log that you are required to complete in order to earn your credit. The activity log is an accumulation of 55-hours of moderate to vigorous physical activity. Additionally, the health education portion of this course requires you to participate in discussions, go through the learning modules, explore learning activities to supplement understanding, attempt module tests, and submit module assignments. One of the major assignments in this course is the creation of your own workout plan surrounding personal fitness goals.

**Learning Modules:**

* Module 1: Healthy Lifestyle Practices
* Module 2: Personal/Social Management
* Module 3: Fitness Physiology
* Module 4: Mental Health
* Module 5: Nutrition
* Module 6: Substance Use and Abuse
* Module 7: Human Sexuality

**Grade Breakdown:**

* Physical Activity Log: 50% of grade
* Test(s): 40% of grade
* Assignment(s) and discussion(s): 10% of grade