**Physical Education 40F**

**Course Summary:**

This course puts a stress on the importance of both health education and physical education. This course builds off the grade 11 learning outcomes and provides 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 personal and social development day-to-day, while also providing you with more in-depth knowledge surrounding nutrition and healthy relationships.

**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 75-hours of moderate to vigorous physical activity. The health education portion of the course is broken down into several testable learning modules.

**Module Listing:**

* Module A: Physical Activity Practicum
* Module B: Fitness Management
* Module C: Nutrition
* Module D: Personal and Social Development
* Module E: Healthy Relationships

**Grade Breakdown:**

Physical education 40F is based on the completion of all course requirements, which will result in a complete/incomplete designation on the final report and transcript. A numeric designation will not be provided at the end of the semester.

* > 50% = Complete
* < 49% = Incomplete