



Cardinal Ambrozic Catholic Secondary School

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We believe that each one, created in the image and likeness of God, is called by name into the Dufferin-Peel community to realize the Ontario Catholic School Graduate Expectations to the fullest extent possible as we all journey from the early years to vocation.

COURSE OUTLINE

Department:	Physical and Health Education	
Course:	Introductory Kinesiology, Grade 12, University Preparation	
Course Code:	PSK 4U	
Common Course Calendar	Course Description: This course focuses on the study of human movement and of systems, factors, and principles involved in human development. Students will learn about the effects of physical activity on health and performance, the evolution of physical activity and sport, and the physiological, psychological, and social factors that influence an individual's participation in physical activity and sport. The course prepares students for university programs in physical education and health, kinesiology, health sciences, health studies, recreation, and sports administration. Prerequisite: Any Grade 11 university or university/college preparation course in science, or any Grade 11 or 12 course in health and physical education	
Ministry/ICE Curriculum Documents Strand	Catholic Graduate Expectation Indicators for each Strand	
Physical Activity and Sport in Society <ul style="list-style-type: none"> Demonstrate an understanding of how the social and cultural significance of physical activity and sport has evolved historically, and analyze current social issues relating to physical activity and sport; Demonstrate an understanding of the individual and social benefits of participation in physical activity and sport and the factors that enable and constrain participation. The Basis of Movement <ul style="list-style-type: none"> Describe the structure and function of major body systems involved in human movement, and demonstrate an understanding of related anatomical and physiological concepts and theories Biomechanics and Motor Development <ul style="list-style-type: none"> Demonstrate an understanding of the phases of movement and of physical laws and biomechanical principles related to improving movement 	An Effective Communicator who: <ul style="list-style-type: none"> Reads, understands and uses written materials effectively Presents information and ideas clearly and honestly and with sensitivity to others A Reflective and Creative Thinker who: <ul style="list-style-type: none"> Recognizes there is more grace in our world than sin and that hope is essential in facing all challenges Thinks reflectively and creatively to evaluate situations and solve problems A Self-directed, Responsible, Life Long Learner who: <ul style="list-style-type: none"> Responds to, manages and constructively influences change in a discerning manner Applies effective communication, decision-making, problem-solving, time and resource management skills Examines and reflects on one's personal values, abilities and aspirations influencing life's choices and opportunities A Collaborative Contributor who: <ul style="list-style-type: none"> Works effectively as an interdependent team member Thinks critically about the meaning and purpose of work Respects the rights, responsibilities and contributions of self and others A Responsible Citizen who: <ul style="list-style-type: none"> Accepts accountability for one's own actions Respects the environment and uses resources wisely 	

Resources & Supplies Needed

- Kinesiology textbook, kinesiology lab manual

Assessment & Evaluation

Category Weightings	Weight %
Application	10%
Knowledge	30%
Thinking	30%
Communication	30%

Final Summative Assessments	Overall Weighting
Term work	70%
Culminating Assessment	10%
Final Exam	20%

Assessment & Evaluation Policy

- Details on *student absences, submission of assignments & homework policies* may be found in the student agenda.
- All summative assessments will be evaluated using the health and physical education achievement chart. See here (page 48 - 53)
<http://www.edu.gov.on.ca/eng/curriculum/secondary/health9to12.pdf>
- *Learning skills, living skills & work habits* will also be assessed and reported on. For more information see below and please refer to Growing Success (pg. 11)
<http://www.edu.gov.on.ca/eng/policyfunding/growsuccess.pdf>

Physical Education Learning, Living Skills & Work Habits Sample behaviours assessed as excellent, good, satisfactory or needs improvement
Organization Student comes to class regularly and on time
Self-regulation Student monitors his/her progress Student seeks clarification or assistance when needed
Responsibility Assignments are handed in on time and completed with care
Initiative Student looks for and acts on new ideas and opportunities for learning
Collaboration Student interacts positively and respectfully with classmates, peers and the teacher.
Independent Work Student independently monitors, assess and revises plans to complete tasks and meet goals, Student uses class time appropriately to complete tasks Student follows instructions with minimal supervision