



ST. THOMAS AQUINAS SECONDARY SCHOOL

25 Corporation Drive
 Brampton ON, L6S 6A2
 Phone: 905.791.1195

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 as we all journey from the early years to vocation.

COURSE OUTLINE

Department Name:	Health and Physical Education
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Course Name:	Recreation and Healthy Active Living Leadership
Course Code and Section:	PLF4M1

Course Description:

This course enables students to explore the benefits of lifelong participation in active recreation and healthy leisure and to develop the leadership and coordinating skills needed to plan, organize, and safely implement recreational events and other activities related to healthy, active living. Students will also learn how to promote the benefits of healthy, active living to others through mentoring and assisting them in making informed decisions that enhance their well-being. The course will prepare students for university programs in physical education and health and kinesiology and for college and university programs in recreation and leisure management, fitness and health promotion, and fitness leadership.

Strand / Units	Catholic Graduate Expectations
Leadership Styles and Skills Group Dynamics and Teamwork Promotion of Lifelong Participation Event Planning and Coordination Safety and Injury Prevention Mentorship Healthy Active Living Plan	This course helps students to meet the Ontario Catholic School Graduate Expectations by enabling each person to become participants in leisure and fitness activities for a balanced and healthy lifestyle.

Assessment and Evaluation:

Category Weightings	Weight
Application	40%
Communication	20%
Knowledge/Understanding	20%
Thinking	20%

Final Summative Assessments	Grade Distribution
Term Work	70%
Course Culminating	10%
Exam	20%