



PSK4U Course Outline
Health and Physical Education Department
Earl of March Secondary School



Kinesiology - Grade 12 University:

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.

Link to Course Curriculum: <http://www.edu.gov.on.ca/eng/curriculum/secondary/health9to12.pdf>

What course do you need to enroll? Any Grade 11 university or university/college preparation course in science, or any Grade 11 or 12 course in health and physical education

What you can take after this course: **College / University**

What you will be learning:

The Basis of Movement

- A1. 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;
- A2. demonstrate an understanding of and assess factors that affect performance during human movement

Biomechanics and Motor Development

- B1. demonstrate an understanding of the phases of movement and of physical laws and biomechanical principles related to improving movement;
- B2. demonstrate an understanding of human growth and motor development, and apply it to the design of age-appropriate movement activities and to the enhancement of movement skills

Physical Activity and Sport in Society

- C1. demonstrate an understanding of how the social and cultural significance of physical activity and sport has evolved historically, and analyse current social issues relating to physical activity and sport;
- C2. demonstrate an understanding of the individual and social benefits of participation in physical activity and sport and the factors that enable and constrain participation.

How you will demonstrate your learning and be evaluated: The course will be evaluated as follows for each term: The total course work based on overall expectations will be worth 70% and the remaining 30% from the Summative evaluation(s). Formative evaluations may include, but are not limited to:

Tests, quizzes, assignments, projects, labs, journal reflections, research report, and oral presentations

Summative evaluations:

Final exam (30%)

Additional information about this course:

It is strongly recommended that students in this course review their notes every night.

<https://sites.google.com/a/ocdsb.ca/mr-sammon/pse-4u---exercise-science>

