

HALIBURTON HIGHLANDS SECONDARY SCHOOL



Healthy Active Living Evaluation Policy For Introductory Kinesiology: PSK4U



Course Code: PSK 4U

Level: Grade 12 University

Credit Value: 1.0

Period:

Room Number:

Department Head: Mr. R. Yake

Teacher Contact Information:

Teacher:

By Phone: (705) 457-2950 ext:

By E-mail:

Website:

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 sports, 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, health, kinesiology, recreation, health sciences, recreation and sports administration.

Prerequisite: Grade 11 U or U/C Science or any grade 11 or 12 course in health and physical education.

Strands of Study and Overall Expectations include:

A. The Basis of Movement

- describe the structure and function of the body systems involved in human movement, and demonstrate an understanding of related anatomical and physiological concept and theories;
- demonstrate an understanding of and assess factors that affect performance during human movement

B. Biomechanics and Motor Development

- demonstrate an understanding of phases of movement and the physical laws and biomechanical principles related to improving movement.
- 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.

C. Physical Activity and Sports in Society

- 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;
- Demonstrate an understanding of the individual and social benefits of participation in physical activity and sport and the factors that enable and constrain participation.

Efforts will be made to meet the individual learning needs of students in order to ensure these expectations are being met.

Course Outline / Units of Study:

1. Anatomy & Physiology
2. Human Performance (Training, Fitness and Psychology)
3. The Mechanics of Movement
4. Growth & Motor Development
5. Social Change and Current Issues
6. Participation – Influences and Benefits

Evaluation Structure:

Knowledge/Understanding	25%
Thinking/Inquiry	15%
Communication	10%
Application	20%

The above is reflected both in the term work (worth 70% of the final mark) and the summative culminating activities (worth 30% of the final mark). The culminating activity is a 20% final exam and a 10% ISU.

Resources:

Textbook:

Kinesiology : An Introduction to Exercise Science

Policy Document:

The Ontario Curriculum Grades 9-12
Health & Physical Education 2015

Learning Skills:

Students are expected to reflect the following skills throughout the course:

Responsibility:	Fulfils responsibilities. Completes & submits work ON TIME. Manages own behaviour.
Organization:	Devises & follows a plan. Establishes priorities & manages time. Uses resources to complete tasks.
Independent Work:	Monitors, assesses & revises plans to complete tasks & meet goals. Uses class time wisely. Follows instructions with minimal supervision.
Collaboration:	Accepts various roles in a group. Responds positively to ideas, opinions of others. Builds healthy peer relationships. Resolves conflict and builds consensus. Shares resources and promotes critical thinking to solve problems and make decisions.
Initiative:	Looks for and acts on new ideas. Innovative and takes risks. Demonstrates curiosity and an interest in learning. Approaches new tasks with a positive attitude. Advocates for all appropriately.
Self-Regulation:	Sets goals. Seeks help when needed. Reflects on own strengths, needs & interests. Identifies learning opportunities, choices and strategies. Perseveres and makes an effort when responding to challenges.

Students will receive the following letter grades: **E** - Excellent **G** - Good **S** - Satisfactory **N** - Needs Improvement

Attendance

Regular attendance is essential for academic success in school. It is the student's responsibility to inform the teacher *beforehand* of any planned absences. It is the student's responsibility to get notes assignments and any other information missed while absent from class. This should be done on the student's first day back, either during class, lunch hour or after school. **Any student that is truant the last three days of a semester will not be allowed to write his/her final examination.**

Tests

Students must be prepared to write tests on the assigned day. Students who miss a test for no valid reason will receive a mark of zero. Any student who knows that he/she will be absent for a valid reason during a test must make arrangements with the teacher *before the period in which the test is to be written*. Students who miss a test for any valid reason should be prepared to write the test on the first day back at school or should make suitable arrangements with the teacher on the first day back before the class.

Assignments

If a student is absent on the day work is assigned, it is his/her responsibility to get the assignment from the teacher. If a student is absent when an assignment is collected, it is to be submitted at the beginning of the period on the first day back. Assignments are due at the beginning of the period unless otherwise specified by the teacher.

Late Assignment Policy "Not Done is not Acceptable"

Please adhere to our new HHSS Late Assignment Policy. Students received this in their period one class on the first day of the semester.

Plagiarism

Plagiarism is the act of taking someone else's ideas or writing and passing it off as your own. Whatever material students consult in the preparation of essays/projects should be properly credited to the writer or source. Material may be quoted if the student identifies it as a quotation and cites the author. Copying another student's work is cheating, and is also called plagiarism. **A first offense may result in a mark of zero or an opportunity to redo/resubmit the evaluation, after consultation with the student, parent, teacher, department head and school administrator. A second offense will result in a mark of zero, a call home and the student will be referred to the Principal. A third offense will result in a mark of zero and may result in an in-school suspension.**

Computers and iPads are tools for education; not entertainment devices. Students who are not on task may have their computer account disabled for the remainder of the day (or longer.)