



ST. THOMAS AQUINAS 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 as we all journey from the early years to vocation.

COURSE OUTLINE

Department Name:	Health and Physical Education
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Course Name:	Healthy Living and Personal and Fitness Activities
Course Code and Section:	PAF 30F PAF 30M

Course Description:	
This course enables students to further develop the knowledge and skills they need to make healthy choices now and lead healthy, active lives in the future. Through participation in a wide range of physical activities and exposure to a broader range of activity settings, students enhance their movement competence, personal fitness, and confidence. Students also acquire an understanding of the factors and skills that contribute to healthy development and learn how their own well-being is affected by and affects, the world around them. Students build their sense of self, learn to interact positively with others, and develop their ability to think critically and creatively. The focus of this course is on strength and fitness conditioning programs.	
Strand / Units	Catholic Graduate Expectations
Active Participation and Living Movement Skills and Competence Healthy Living, Eating and Development Personal Safety and Injury Prevention	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
Knowledge/Understanding	15%
Thinking	15%
Application	55%
Communication	15%

Final Summative Assessments	Grade Distribution
Term Work	70%
Course Culminating	30%
Exam	N/A