



ST. THOMAS AQUINAS SECONDARY SCHOOL

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

COURSE OUTLINE

Department Name:	Health and Physical Education
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Course Name:	Recreation and Healthy Active Living Leadership
Course Code and Section:	PLF 4M1

Course Description:	<p>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.</p> <p>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.</p>
Strands/ Units:	<p>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</p>

Assessment and Evaluation:

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

Final Summative Assessments	Grade Distribution
Term Work	70
Course Culminating/Exam	30
	100