



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:	Exercise Science
Course Code and Section:	PSE 4U1

Course Description:	The 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, evolution of physical activity and sports, and the factors that influence an individual's participation in physical activity. The course prepares students for university programs in health and physical education, kinesiology, recreation and sports administration.
Strands/ Units:	Anatomy and Physiology Nutrition Training Principles Motor Development Physical Activity and Sport in Society Biomechanics and Human Performance

Assessment and Evaluation:

Category Weightings	Weight
Knowledge/Understanding	35
Thinking	15
Application	30
Communication	20

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