



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:	Grade 12 Introductory Kinesiology
Course Code and Section:	PSK 4U1

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 sport, and the physiological, psychological and social factors that influence and 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.	
Strand / Units	Catholic Graduate Expectations
Social Change and Current Issues Participation – Influences and Benefits Anatomy and Physiology Human Performance The Mechanics of Movement Growth and Motor Development	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	35%
Thinking	15%
Application	30%
Communication	20%

Final Summative Assessments	Grade Distribution
Term Work	70%
Course Culminating	5%
Exam	25%