

Course Outline

SIR WILFRID LAURIER SECONDARY SCHOOL

HEALTH AND PHYSICAL EDUCATION DEPARTMENT

Introductory Kinesiology

PSK4U

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 an 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.

Prerequisite: Any Grade 11 university or university/college preparation course in science, or any Grade 11 or 12 course in health and physical education

Course content: is based on the following policy document: The Ontario Curriculum, Grades 9-12: Health and Physical Education, 2015-revised

Text Book: *Exercise Science: An Introduction to Health and Physical Education*, by Ted Temertzoglou and Paul Challen 2003, Thompson Educational Publishing, inc. Toronto, Ontario. Replacement cost \$69.95

Sections of Study and Proposed Time Line		
Section A	Physical Activity and Sport in Society A1 Social Change and Current Issues A2 Participation-influences and Benefits	25 hours or 20 classes
Section B	The Basis of Movement B1 Anatomy and Physiology B2 Human Performance	60 hours or 48 classes
Section C	Biomechanics and Motor Development C1 The Mechanics of Movement C2 Growth and Motor Development	25 hours or 20 classes

Assessment & Evaluation

70 % of your assessment will be formative, ongoing throughout the semester. Formative assessment will include assignments, tests, quizzes, homework and other tasks completed by students during the semester.

30% of your assessment will be summative, towards the end of the semester. Summative assessment will include a research assignment worth 10% and a final exam worth 20%