**Physical Education 20F**

**Course Summary:**

This course focuses on healthy active lifestyle concepts and practices that build upon grade 9 physical education. This course will provide you the opportunity to learn more about yourself while also understanding the importance of personal and social management, fitness physiology, mental health, nutrition, and so much more.

**Course Evaluation:**

While taking this course, you will be required to keep track of your physical activity, participate in the choice of virtual or electronic discussions, attempt module tests, and create a workout plan surrounded by your own fitness goals.

**Modules module listing:**

* Module 1: Healthy Lifestyle Practices
* Module 2: Personal/Social Management
* Module 3: Fitness Physiology
* Module 4: Mental Health
* Module 5: Nutrition
* Module 6: Substance Use and Abuse
* Module 7: Human Sexuality

**Grade Breakdown:**

* Test(s): 40% of grade
* Physical Activity Log: 45% of grade
* Assignment(s): 10% of grade
* Discussion(s): 5% of grade