**Physical Education 30F**

**Course Summary:**

This course puts stress on the importance of both health education and physical education. The course content builds on the grade 10 physical education outcomes giving the opportunity to learn more about yourself and encouraging you to make more informed decisions. The course content focuses on mental-emotional health while also providing you with the fitness management tools needed to be active for life.

**Course Evaluation:**

The physical education portion of this course is structured as a self and parental/guardian monitoring activity log that you are required to complete in order to earn your credit. The activity log is an accumulation of 75-hours of moderate to vigorous physical activity. The health education portion of the course is broken down into several testable learning modules.

**Learning Listing:**

* Module 1: Physical Activity Practicum
* Module 2: Fitness Management
* Module 3: Mental/Emotional Health
* Module 4: Social Impact of Sport
* Module 5: Substance Use and Abuse

**Grade Breakdown:**

Physical education 30F is based on the completion of all course requirements, which will result in a complete/incomplete designation on the final report and transcript. A numeric designation will not be provided at the end of the semester.

* > 50% = Complete
* < 49% = Incomplete