

Course Descriptions

Burnaby Central

PHYSICAL EDUCATION

Burnaby Central Physical & Health Education Mission Statement

To encourage and enable learners to enhance their quality of life through healthy and active living, a developed understanding of physical literacy, pursuing social and community health, and maintaining one's mental well-being.

Physical and Health Education 8 – 10

PHE 8-10 courses offer a wide range of opportunities through sport and recreational activities. The content of these courses address physical literacy, healthy and active living, social and community health, and mental well-being. While movement skills and personal fitness is emphasized health topics are addressed. Topics include relationships, mental health issues, healthy sexual decision making, substance misuse, and protecting oneself in dangerous or uncomfortable situations.

Active Living 11 – 12

The focus of these courses is to support a wide range of physical activities in school and community based environments that interest students and their fitness goals. Course content on physical activity includes physical movement patterns, safety and etiquette, planning and presenting physical activities, and short and long term consequences of health decisions. While participating in a wide variety of physical activities students analyze the importance of lifelong physical and recreational activities that reinforce personal choice.

Fitness and Conditioning 11 – 12

The Course content is suited for students interested in more intensive physical activity and fitness development. Specifically, the course covers systems of the body involved in demanding physical activity, fitness training principles, planning workouts, and monitoring exertion levels. In addition, students will develop and refine movement skills while safely participating in a variety of strength training activities. Students will develop an awareness and appreciation in healthy choices in nutrition that enhance personal fitness; develop an awareness and appreciation in maintaining healthy relationships; and develop an awareness and appreciation in promoting mental well-being for managing physical, emotional, and social changes during maturation.

Physical and Health Education Leadership 9 – 10

This course is designed for students who are passionate about leading and promoting physical and health education events and activities at Burnaby Central. Students are encouraged to be actively involved in the PHE curriculum, extra-curricular activities, and provide leadership opportunities in the school and community at large. Minor officiating as scorekeepers and timers is a strong component of the course.

Physical and Health Education Leadership 11 – 12

Students enrolling in this course will develop leadership skills as teaching assistants in physical and health education class. As senior students each will lead, coach, organize and co-ordinate instructional and athletic events within Burnaby Central. Senior PHE Leadership students will be trained with themes from the National Coaching Certification Program Multi-Sport Theory Part A.

First Aid 10 – 12

Students enrolling in this course will learn, develop, and apply first aid. Upon completing certification students become members of Burnaby Central's Student First Aid Brigade. This certification allows them to provide first aid to the student body. This course is taught outside the regular timetable (Mondays afterschool and given Thursday's at lunch). This course includes St John's Ambulance Emergency First Aid and CPR C with an AED for a small fee.

Leadership 9 – 10

This course is designed for Grade 9 – 10 students interested in developing their leadership potential. Students receive instruction in areas of group dynamics, communication, decision making, organization, and problem solving. Students are expected to apply theory by organizing, implementing, and evaluating student-oriented activities.

Leadership 11 – 12

This course expands on developing and practicing leadership skills and strategies learned in the Leadership 9- 10 course. The senior course focus' on planning and implementing school – wide functions and events: Terry Fox Run, Grade 8 Retreat, Pep Rally, and numerous community and school – based activities / fundraisers. Students will improve on and develop advanced skills in similar themes of event planning, communication for public relations, conflict resolution, and personal wellness skills. Students practice and evaluate leadership skills through a variety of activities and group projects.