

# Course Descriptions

## *Burnaby Central*

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### **PHYSICAL & HEALTH EDUCATION**

#### **Physical & Health Education 8**

Physical and Health Education 8 is an opportunity for students to increase their understanding of this subject's concepts: to increase their ability to perform specific movement and activity skills, to improve their level of physical fitness and to increase their ability to appreciate and enjoy physical activities. Core activities and topics include: Active Living, Badminton, Basketball, Dance, Field Sports, Ice Skating, and Volleyball. Additional selections may include Field Hockey, Field Lacrosse, Football, Pickleball, Rugby, Soccer, Softball, Track and Field, and Ultimate.

#### **Physical & Health Education 9**

#### **Physical & Health Education 10**

Physical & Health Education 9 and 10 offers students a wide range of sport and recreational activities. Through active participation in physical and health education, students will develop knowledge, skills, and attitudes necessary to incorporate physical activity into regular routines to live an active, healthy lifestyle. Three themes are reinforced in junior physical and health education: personal and social responsibility, movement skills and active living.

#### **Physical & Health Education 9 Leadership**

#### **Physical & Health Education 10 Leadership**

This course is designed for students who are passionate about leading and promoting physical and health education events at Burnaby Central. In addition to following the regular PHE 9/10 curriculum students are provided enriched leadership opportunities in the school and community. Students are actively involved supporting Central's athletic events, scorekeeping and learning about tournament organization.

#### **Active Living 11**

#### **Active Living 12**

These two courses are designed to provide students opportunities to explore the lifetime value in a variety of group/team and individual activities. Students are introduced to available community recreational facilities and services. Active Living 12 provides further opportunities to explore individual and team activities in greater depth.

### **Fitness & Conditioning 11 – Weight Training**

### **Fitness & Conditioning 12 – Weight Training**

Weight Training 11/12 is focused on the student who wants to make significant gains in all areas of fitness. Each of the five components of fitness will be reinforced: body composition, strength, flexibility, cardiovascular endurance and muscular endurance. However, the main objective is based on strength training. Students who enroll in this course must be willing to commit to a semester long training program. Please note that Weight Training 11/12 is an application course. Applications can be picked up at the counselling office.

### **Fitness & Conditioning 11 AM – Weight Training**

### **Fitness & Conditioning 12 AM – Weight Training**

This is an X-block version of Weight Training 11/12. This morning class allows for flexibility in student schedules as students can take this course outside of the regular timetable.

### **Apps of Leadership 11: PHE**

### **Apps of Leadership 12: PHE**

This course provides an opportunity for students to develop their physical education leadership skills. Students will develop their leadership skills by serving as teaching assistants, coaching, organizing group activities and coordinating special athletic events within the school. All PHE Leadership students will be trained in the National Coaching Certification Program Multi-sport Theory Part A.

### **Outdoor Education 11/12 (paired with BC First Peoples 12)**

Outdoor Education involves off-site learning experiences. Full participation in trip planning activities and proper completion of related assignments is essential to ensure safety for each outdoor activity. This course will include completion of a First Aid Certificate and develop your risk assessment skills. Students will learn about and practice a variety of outdoor skills including trip planning, leave no trace principles, food preparation, wilderness safety, winter excursions, skiing, snowshoeing, hiking, rock climbing, canoeing, kayaking, orienteering, trail running, cycling, fitness training, natural history, outdoor photography, indigenous land uses, and potentially backpacking/overnight camping.

The practical component allows students to acquire leadership skills by getting involved in stewardship opportunities within the school and in the natural community. Students will also learn to work effectively in teams with peers of diverse backgrounds and attitudes. Students will focus on teamwork skills, communication, goal setting, stewardship, planning, and conflict resolution.

There will be a cost (TBA) associated with this course.

\*\*\*This course will be paired with BC First Peoples 12. Registering for one, automatically enrolls you in the other.\*\*\*

**First Aid 11**

This course was developed for students who wish to learn and practice first aid. During the school year, students will learn the basics of first aid as well as the use of some advance medical equipment. Students will also learn stress management and triage care. All members of the class will be certified in Emergency First Aid. Using St. John Ambulance resources this course is taught outside the regular timetable. Course fee is \$25.00. This course is a pre-requisite for First Aid 12.

**First Aid 12**

First Aid 11 is the qualifying course that reinforces the practical knowledge required for First Aid 12. Students in this course will be required, within limitations, to perform the following: be available for on-call treatments, apply their practical skills in an unsupervised setting, attend to treatments according to first aid protocols, maintain cleanliness, order and restock the first aid room, log treatments completed and provide follow-up care as needed, defer support from source with greater certification, if needed. Students in this course will be required to demonstrate leadership and take charge in rendering treatment.