

Active Living 11: Course Overview

Overview

The Active Living 11 course is designed to teach students the benefits of living an active lifestyle. Throughout the course, students will gain an understanding of the way the human body functions during exercise and how regular physical activity promotes adaptations and changes. Students will be expected to participate in regular exercise and activities as well as create their own personal training program to support their individual goals. Active Living 11 will also examine barriers to an active lifestyle across a variety of demographics, and give students tools and community resources to help break down those barriers.

At King's Christian School, we have the unique opportunity to look at health and wellness from a Christian worldview. In Active Living 11, students will be challenged to think about their physical body as a temple - how have our bodies been intricately and perfectly designed in the image of God? How can we honour God through promoting an active lifestyle in all ages and stages of life? How can we serve our community through activity and recreation?

Activities

Activities will be chosen with student input and will include a variety of the following:

- Individual/group fitness classes - weight training, yoga, HIIT bootcamp, kickboxing, spin, etc.
- Community recreation - hiking, biking, climbing, swimming, tennis, disc golf, bowling, etc.
- Leadership project related to community, fitness, health and wellness - leading elementary PE classes, organizing Jump Rope for Heart, working with seniors, planning a community Fun Run, etc.

*Note: students should be prepared to pay a 'user-fee' to help cover the cost of field trips. *As per KCS policy, no student shall be denied participation based on financial hardships and subsidies can be arranged through the office.*

Topics to Explore

- Anatomy and Physiology
- Principles of Exercise Across Demographics
- Nutrition and Recovery
- Care and Prevention of Injuries
- Sport and Culture
- Health and Wellbeing
- Leadership and Community
- Participating in Physical Activity

Evaluation

Your grade for Active Living 11 will be determined by two categories: Classwork and Application.

50% Classwork:

- Quizzes
- Assignments
- Labs
- Discussions

50% Application:

- Participating in Activities
- Maintaining a Reflection Log
- Working Towards an Individual Fitness Goal
- Organizing and Implementing a Community Event

General Information

To benefit from Active Living 11, students must actively participate in the learning process and work to develop their appreciation of health, fitness and wellness.

These are the expectations for successful completion:

1. Students must be in regular attendance (this is a skill development and participation-based course).
2. Students must have PE strip (appropriate footwear and clothing required).
3. Students must complete journals, reflections, and assignments (if absent, it is the student's responsibility to make these up immediately upon return).
4. Students are to engage in cooperative, supportive, and respectful behaviour to create the best possible learning and physical activity environment for everyone.