

HOLY TRINITY CATHOLIC SECONDARY SCHOOL

COURSE OUTLINE



Name of Course/Course Code: Recreation and Healthy Active Living Leadership, PLF4M

Course Prerequisite: Any health and physical education course.

Course Description: This course enables students to explore the benefits of lifelong participation in active recreation and healthy leisure and to develop the leadership and coordinating skills needed to plan, organize, and safely implement recreational events and other activities related to healthy, active living. Students will also learn how to promote the benefits of healthy, active living to others through mentoring and assisting them in making informed decisions that enhance their well-being. The course will prepare students for university programs in physical education and health and kinesiology and for college and university programs in recreation and leisure management, fitness and health promotion, and fitness leadership.

Catholic Graduate Expectations: Through Healthy Active Living Education, students examine and reflect on their personal attitudes, values, actions, abilities, and aspirations influencing life choices and opportunities that support a healthy active lifestyle for themselves and others in light of Catholic faith development. Students have the opportunity to respond to, manage, and constructively influence change, set priorities, be responsible for their actions, and develop goals for a balanced and healthy lifestyle through a holistic approach to life. Students are challenged to reflect, to evaluate situations, demonstrate flexibility and adaptability, manage conflict, solve problems, and make decisions in light of gospel values. Students have the opportunity to exercise servant Christian leadership promoting the common good, human dignity, respect, equality and inclusion, while working effectively as interdependent team members, respecting the rights, responsibilities, and contributions of self and others.

Units of Study

Unit 1	<i>LEADERSHIP</i>
Unit 2	<i>FACILITATION OF RECREATION AND LEISURE</i>
Unit 3	<i>MENTORING DEVELOPMENT</i>

Evaluation

70%	30%
Knowledge/Understanding	Culminating Task
Thinking/Inquiry	20%
Communication	Exam
Application	10%

Course Resources Required:



For a detailed course description of this course, please visit
<https://www.edu.gov.on.ca/eng/curriculum/secondary>