



<b>Course:</b>	Health and Wellness – Secondary 5		
<b>Teacher:</b>	M. Pfleeger	<b>Room:</b>	Gym
<b>E-mail:</b>	mpfleeger@emsb.qc.ca		
<b>Texts/workbooks:</b>	N/A		
<b>Course description:</b>	Students acquire essential knowledge and skills to be health conscious and physically literate through adulthood		

TERM 1 – 20%		
Topics covered	Competencies targeted	
Principles of health and physical literacy Components of healthy, active living Benefits of physical activity Common injuries and prevention Fitness activities and trends	1) Interacts with others in different physical activity settings 2) Performs movement skills in different physical activity settings 3) Adopts a healthy and active lifestyle	
Evaluation methods	Mark breakdown	Timeline
Quizzes, evaluations, health / fitness assignments Active participation	50%  50%  *Subject to change based on student progress	Approximately two per month  Daily in class

TERM 2 – 20%		
Topics covered	Competencies targeted	
Basic principles of fitness program design (FITT principle, training principals, exercise selection and technique) Healthy eating – Meeting you nutrient and energy needs Developing a healthy eating plan Risk factors and prevention of heart disease and stroke CPR and AED training Fitness activities and trends	1) Interacts with others in different physical activity settings 2) Performs movement skills in different physical activity settings 3) Adopts a healthy, active lifestyle	
Evaluation methods	Mark breakdown	Timeline
Quizzes, evaluations, health / fitness assignments Active participation	50%  50%	Approximately two per month  Daily in class

	*Subject to change based on student progress	
--	--	--

TERM 3 – 60%		
Topics covered		Competencies targeted
CPR and AED training Exercise intensity and training adaptations Factors affecting mental health and wellness Factors affecting substance use and addictive behaviors Healthy relationships and conflict resolution Fitness activities and trends		1) Interacts with others in different physical activity settings 2) Performs movement skills in different physical activity settings 3) Adopts a healthy, active lifestyle
Evaluation methods	Mark breakdown	Timeline
Quizzes, evaluations, health / fitness assignments Active participation	50%  50%  *Subject to change based on student progress	Approximately two per month  Daily in class

<b>Online platform:</b>	Google Classroom
<b>Materials required for the course:</b> Notebook or binder.	
T-Shirt, jogging pants / shorts, and running shoes	

<b>Communication with parents/guardians:</b>	<b>Report card schedule:</b>
Email, telephone, progress reports	Report cards: Term 1 – November, Term 2 – February, Term 3 – June.

<b>Additional information and specifications:</b>
Regular attendance is required to receive a passing grade in the course.
A medical certificate is required in the event that a student is unable to participate for an extended period.
Topics covered may vary according to the size and nature of each individual class

**Remediation schedule:**

Day 2	3:10 PM
-------	---------

**Final results:**

Term 1	+	Term 2	+	Term 3	=	School mark
20%		20%		60%		100%