

Course Description: PSK 4U

This course focuses on the study human movement and of systems, factors and principles involved in human development. Students will learn about the effects of physical activity on health and performance, the evolution of physical activity and sport, and the physiological, psychological, and social factors that influence an individual's participation in physical activity and sport. The course prepares students for university programs in physical education and health, kinesiology , health sciences (doctor, nurse, physiotherapy, sports injuries) health studies (paramedic, medical technician, fitness trainer) recreation, and sports administration.

Vision of the Health and Physical Education Program

The revised health and physical education curriculum is based on the vision that the knowledge and skills students acquire in the program will benefit them throughout their lives and enable them to thrive in an ever-changing world by helping them develop physical and health literacy as well as the comprehension, capacity, and commitment they will need to lead healthy, active lives and promote healthy, active living.

The Health and Physical Education curriculum document which may be accessed from home at the following website:

<http://www.edu.gov.on.ca/eng/curriculum/secondary/health9to12.pdf>

The program will be delivered with a balanced approach according to the following four content areas of the curriculum:

Achievement Chart Categories and Criteria:

Category	Evaluation Criteria
Knowledge and Understanding	<ul style="list-style-type: none">• Knowledge of content• Understanding of content
Thinking	<ul style="list-style-type: none">• Use of planning skills• Use of processing skills• Use of critical and creative thinking processes
Communication	<ul style="list-style-type: none">• Expression and organization of ideas and information in oral, visual, and written forms• Communication for different audiences• Use of health and physical education conventions, vocabulary, and terminology.
Application	<ul style="list-style-type: none">• Application of knowledge and skills• Transfer of knowledge and skills to new contexts• Making connections within and between various contexts

Learning Skills and Work Habits

The development of learning skills and work habits is an integral part of a student's learning. The evaluation of learning skills and work habits, apart from any that may be included as part of a curriculum expectation in a course, will not be considered in the determination of a student's grades. These include:

Responsibility
Self-Regulation

Independent Work

Initiative

Organization

Collaboration

Introductory Kinesiology PSK4U1 Period 4

1) The Basis of Movement

- 1) Anatomical Terminology
- 2) Structure and function of the human body (Bones, Muscles)
- 3) The Three Energy Systems – Sliding Filament Theory
- 4) The Cardiovascular System
- 5) Sport Injuries & Treatment
- 6) The effects of physical activity on the body / Training principles
- 7) The role of Nutrition in supporting physical activity
- 8) Performance enhancing methods/aids
(Physiological =supplements, doping, steroids, pain masking..)(Psychological =relaxation, meditation, equipment)

2. Biomechanics & Motor Development

- 1) Basic laws of physics that relate to movement
(Newton's Laws, types of motion, Movement Education, levers)
- 2) Biomechanical Principles & Phases of Movement
(special pop.)
- 3) Growth & Development (infancy-adulthood)
- 4) Stages of Psychomotor learning (mental vs. physical practice)
(learning a new skill- transferability & the role of feedback)
- 4) *Leadership component- you are a teacher in a feeder school

3. Physical Activity & Sport in Society

Evolution of Sport

- 1) Social issues - rising obesity, increased health care costs, violence in sports, Paralympics
- 2) Business of Sports / Fitness Trends & Facilities / Occupations
- 3) Sports entertainment, Player salaries, endorsements, media, advertising
- 4) Role of social and cultural factors of sport involvement – Women in Sport, Nationalism
- 5) Benefits of school and community based programs for specific age demographic.
Children, Adolescents, Adults, Elderly