**Course Name:** Powerfit (PAF 3OY)

**Teacher:** Mr. Wolf  **Website:** wolfphysed.weebly.com

**Course Description**

This course focuses on the development of a healthy lifestyle and participation in a variety of enjoyable physical activities that have the potential to engage students’ interest throughout their lives. Students will be encouraged to develop personal competence in a variety of movement skills and will be given opportunities to practise goal-setting, decision-making, social, and interpersonal skills. Students will also study the components of healthy relationships, reproductive health, mental health, and personal safety

**Critical Elements**

• demonstrate personal competence in applying movement skills and principles;

• apply their knowledge of guidelines and strategies that can enhance their participation in

personal fitness, recreational and sports activities;

• participate regularly in a balanced instructional program that includes a wide variety of

enjoyable physical activities that encourage lifelong participation;

• apply appropriate guidelines and procedures for safe participation in physical activity

• describe the influence of mental health on overall well-being;

• demonstrate personal improvement in their performance of a variety of physical activities;

• use decision-making and goal-setting skills to promote healthy active living.

**Units of Study**

**Fitness Activities Include:** Agility training, sport specific modality training, circuit training, body sculpting, powerlifting, interval training, core training, Krav Maga training, Cross Fit training, TRX training, weight training, & yoga.

**Health Studies Include:** Health Growth & Sexuality, Personal Safety & Injury Prevention, Mental Health, Decision Making & Stress Management.

**Course Evaluation**

Student work will be evaluated using a balance of the Ministry’s four achievement chart categories: knowledge & understanding, thinking & inquiry, application, and communication.

Throughout the course teachers will gather evidence of student learning of the **Critical Elements** through observations, conversations, and student-produced work.

Seventy percent (70%) of the final mark will come from term work, and thirty percent (30%) will come from final evaluations.

Successful completion of **all** **critical elements** is required to earn the course credit.

**Late and Missed Assignments**

Students at BCI will be responsible and complete all assigned work in a timely manner. This includes homework, process work, readings etc. so that you are prepared for class. Students will also be responsible to hand in assignments and write tests on their respective due dates. Students are expected to discuss alternative arrangements with their teachers if assignments and tests are not submitted due to unforeseen circumstances.

**If you do not submit a major assignment on the due date any combination of the following may occur:**

* Your teacher will meet with you to discuss the reason why the deadline was not met. As a result of this meeting: an extension or an alternative assessment may be given and your parent/guardian may be contacted to discuss next steps.
* You may be referred to PASS or to Student Success to complete the assignment. Your teacher and or Vice Principal will determine if this completion will take place during lunch or during class time.
* Your completed work will be evaluated. Students who do not submit work in a timely manner shall have this reflected in the Learning Skills and Work Habits section on the Provincial Report Card.
* If work is still not submitted on the established date or if you do not follow through with PASS/Student Success you will be referred to your Vice Principal and next steps may include but are not limited to: student referral to in-school intervention support (School Success Team, Special Education LAC, Guidance etc.); a negotiated extension that meets teacher mark reporting deadlines; and/or an alternative opportunity for the student to demonstrate the same critical elements, or an “incomplete” (I) will be entered for this evaluation.
* The use of “I” indicates that work has not been submitted. When determining a final grade the teacher’s use of professional judgement based on interventions and data collected determine whether or not the student has demonstrated the required critical elements at another point in the course.

**Cheating and Plagiarism**

Cheating and plagiarism are serious academic offences. Plagiarism is defined as using the work of someone else as their own. Using the writings, inventions, or ideas of another without proper sourcing is considered plagiarism. To plagiarize is to be dishonest with your teacher, your peers, your ‘sources’ and yourself. The acts of cheating and plagiarism will not be tolerated. Both academic and behavioural consequences should be expected.

**Consequences:**If your teacher suspects that you have plagiarised or cheated, your teacher will inform your Vice Principal and meet with you to determine the nature, intent and extent of the incident and your understanding of the situation.

**If it is determined that you have plagiarised/cheated you may face one or more of the following:**

* Your parents will be notified.
* Within a given timeframe, given the opportunity to redo part or all of the assignment, or complete an alternative assignment.
* A record of your academic infraction will be logged and kept on file until you graduate.
* The incident will be reflected on your report card in the Learning Skills and Work Habits section of the Provincial Report Card.

**Consulting with Administration, additional consequences may be determined such as:**

* Serve a detention or an in-school suspension, or a suspension.
* Limit your access to recognitions (e.g., school awards, scholarships).

All consequences will be progressive in nature and take into consideration the number and frequency of incidents and the grade level, maturity and individual circumstances of the student

**Learning Skills**

The Learning Skills and Work Habits section of the provincial report card is an integral part of a student’s learning. Students will be assessed in the following areas:

|  |  |  |
| --- | --- | --- |
| * Responsibility
 | * Independent Work
 | * Organization
 |
| * Initiative
 | * Collaboration
 | * Self-Regulation
 |

The following scoring system is used for Learning Skills:

**E = Excellent; G = Good; S = Satisfactory; N = Needs Improvement**

**Course Specific Information**

Workout programs, health assignments and resources can be found on the course website.

**Course Website: wolfphysed.weebly.com**

**Course Fee:** The course fee for the 2013-14 Power Fit course is **$65**

This fee is payable by cheque or cash. Please make the cheque payable to **“Bluevale Collegiate Institute”**

The course fee includes:

* a Bluevale Power Fit t-shirt
* fees for the guest instructors
* maintaining the course equipment
* a PULSE membership for the year ($50 value)

For further information please see the BCI website, or WRDSB Assessment, Evaluation, and Reporting Handbook or the Administrative Procedure 1660.

**Checklist**

The following **check-list** is everything I need to come back to the school:

* Off-campus permission form
* $65 for course fee
* Cut off signatures section at bottom of Course Outline

**Signatures**

Please sign below indicating you have read and understood this course outline, including the requirements for successful completion of this course, and return this sheet to your teacher:

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please indicate best method of communication:

Guardian’s Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian’s email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher’s email: christopher\_wolf@wrdsb.on.ca/ phone extension: 519-885-4620 (5100)