

**Personal and Fitness Activities, Grade 10 – Open  
PAF 2OF/PAF 2OM**

In this course, students will focus on improving their level of personal fitness. This course will primarily take place in the weight room and gymnasium where students will participate in a variety of fitness activities and workouts such as weight training, cardio respiratory training, yoga, circuits, exercise ball training, etc. From time to time, some individual and team sports may be included to complement the overall fitness focus of the course. The main health units covered in this course include fitness theory and goal setting, human sexuality, conflict resolution, and nutrition and body image.

Students taking this course should have an interest in improving their personal fitness level. Students will be required to participate vigorously in daily activities in order to be successful. Final assessments include fitness testing and a practical exam of the student's knowledge of the concepts discussed in the course. There is also the potential for guest speakers, in school events, and out of school field trips which will require a fee.

**Prerequisite:** None