

**Personal and Fitness Activities, Grade 12 – Open**  
**PAF 40F/PAF 40M**

This course helps students develop a personalized approach to healthy living through personal fitness and exercise. Students will examine the factors that affect their own health and ways to improve their lifestyle. They will learn about the components of fitness and initiatives that will promote healthy eating, an active lifestyle, and a positive self-image. Throughout this course, students will develop the skills necessary to take charge of and improve their own healthy lifestyle, as well as to encourage others to lead healthy lives. This course has a more strength building and fitness component than the sport focus course. Students will be exercising 3-4 times per week with a focus on personal fitness. There is a health component that will focus on fitness related health, program design, sports injuries, first aid and an independent study unit on health topics.

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 assessment 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 may come at a cost to students.

**Prerequisite:** None