

**Exercise Science, Grade 12 – University Preparation  
PSK 4U0**

This course focuses on the study of 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 sports, and the factors that influence an individual's participation in physical activity. The course prepares students for university programs in physical education, kinesiology, recreation, and sports administration.

Students in this course must demonstrate an interest in learning in depth about Physical Health and Education. Some possible evaluations will include research projects, presentations, tests etc There is also the potential for guest speakers, in school events, and out of school field trips which may require a fee. This course takes place in a classroom.

**Prerequisite:** SBI 3U0, SCH 3U0, SPH 3U0, SNC 3M0, PPL 3OM, PPL 3OF, PPZ 3OI, PAF 4OM, PAF 4OF, PPL4OM, PPL 4OF