



Course Information Sheet

Course Title **Personal & Fitness Activities – Male**

Course Code **PAF30M**

What do you do in this course?	What you do NOT do in this course.
<ul style="list-style-type: none">• Challenge yourself daily through vigorous workouts• A variety of aerobic and conditioning activities, students will improve their personal fitness levels• Develop leadership skills through goal setting, decision making and social interaction <p>Examine human physiology, sports injuries, healthy eating, and mental health</p>	<ul style="list-style-type: none">• Play a variety of different sports each week as the objective of this course is improvement in fitness through aerobic, strength training and conditioning exercises.

Recommended knowledge/skills for successful completion
<ul style="list-style-type: none">• Students need to be highly self-motivated to work hard to improve their fitness levels• Students should enjoy being physically active, daily.• Good attendance and punctuality are important for success, as this is a participation based course.• Time management skills• Leadership skills• Students need to be able to work as part of a group, as well as independently.

<u>Other (e.g. homework commitment)</u>
Students will be expected to study for quizzes/tests on material learned in class. Students are also expected to complete all assignments given during the health units.

Please note: *This form will assist students/parents in selecting courses that reflect the aptitudes and interests of the student. Be sure to check the common course calendar for a required prerequisite.*