



Course Information Sheet

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

Course Code **PAF40M**

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• Through 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 Examine human physiology, sports injuries, healthy eating, and mental health	<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

- 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.

Other (e.g. homework commitment)

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.