



## PARTICIPATE PHYSICAL EDUCATION

### Physical Education 10

5 credits

Prerequisite: none

This course is geared for students who have a keen interest in athletics, sports and physical activities. The course is offered every other day for the entire year. The program includes units on fitness, team and individual sports; and outdoor pursuits. Students have the option of becoming certified in emergency first aid and can earn an extra credit. Classes are segregated into boys and girls classes.

### Active Living 10

3 credits

Prerequisite: none

This course is for the non-competitive student interested in pursuing fitness at a low impact level. Fun and fitness combine to assist the individual in their pursuit of a healthy lifestyle. This course will also include units on team and individual sports, outdoor pursuits and CPR.

### Active Living 20

3 credits

Prerequisite: PE 10

**\*NOTE: THIS COURSE DOES NOT MEET THE PREREQUISITES FOR PHYSICAL EDUCATION 30**

This course is for the non-competitive student interested in pursuing fitness at a low impact level. Fun and fitness combine to assist the individual in their pursuit of a healthy lifestyle. This course will include units on team and individual sports and outdoor pursuits.

### Physical Education 20

5 credits

Prerequisite: PE 10/ Active Living 10

This course is geared for highly motivated students in athletic/sports and careers in physical education. The curriculum includes outdoor education, officiating, leadership, individual and team sports. Students must be prepared to attend classes outside of the normal class time in order to facilitate occasional field trips and to attain the leadership component of the course. There may be a \$20 - \$30 user fee charged for the course.

### Physical Education 30

5 credits

Prerequisite: PE 20

This course is geared for highly motivated students in athletic/sports and careers in physical education. The curriculum includes outdoor education, officiating, leadership, individual and team sports. Students must be prepared to attend classes outside of the normal class time in order to facilitate occasional field trips and to attain the leadership component of the course. There may be a \$20-\$30 user fee charged for the course. Optional outdoor education trip includes canoeing, rock climbing, and other skill building experiences. A fee will be charged for the Canoe Trip

### Outdoor Pursuits 10

3 credits

**\* Student user fee \$45.**

**\*\* Students must be prepared to attend an overnight trip to earn all three credits.**

**\*\*\* The course will operate from Quarter 1 only (Semester 1)/ Quarter 4 only (Semester 2).**

Outdoor Pursuits will allow students to experience various activities with mother nature and wilderness. The course will offer a variety of adventure education activities: hiking, mountain biking, backpacking. Outdoor pursuits will focus on teaching safety knowledge, skills and judgment in outdoor adventure activities. The course will flow from an “experiential education” framework to learning concepts that will stay with you for the rest of your life.

### Fitness and Nutrition 20/30

*3/6 credits*

**\*\*\*This is a course designed for students that enjoy being active and want to learn more about training for sport.**

Students learn the importance of nutrition and hydration for the promotion and maintenance of physical health and wellness throughout life. Students acquire the knowledge and skills necessary for the promotion and maintenance of a healthy musculoskeletal and cardiovascular systems. The class will operate with some classroom lectures and weight room applications to accomplish the learner outcomes.

### Sports Medicine 10

*3 credits*

This course is intended for students who have a desire to explore athletic therapy, kinesiology or other health related fields. Students examine fundamental attitudes, knowledge and skills to prepare for further study in career pathways in health, recreation and community services. Students explore the structure and function of the musculoskeletal system and the benefits of practicing a healthy

lifestyle. Students will apply their knowledge through basic taping and wrapping fundamentals explore the role of the athletic therapist and describe common injuries. The class will be a combination of theory and practical lessons to accomplish the learner outcomes.

### Sports Medicine 20/30

*3/6 credits*

*Prerequisite: Sports Medicine 10*

Students build on the skills and knowledge learned in Sports Med 10. The emphasis of the course is on preventing injury though practicing a healthy lifestyle and how to deal with common injuries in sports and recreation. Students will practice taping and wrapping using a variety of techniques.

**This course will be offered if staffing permits.**

### Sport Performance 10 Hockey

*3 Credits*

### Sport Performance 10 Basketball

*3 Credits*

### Sport Performance 10 Volleyball

*3 Credits*

Students apply lessons from the Long-Term Athlete Development model and principles of skill development into their own sport experience. These concepts will also be incorporated into a coaching and leadership model. The majority of this course will be activity based but will include theory and written assignments.

**Hockey (20-25 1 hour on ice sessions)**

**Fee: \$100**

**Basketball No Fee**

**Volleyball No Fee**

## LIFESAVING PROGRAM

Students must complete HCS 3000. This 3 credit course is geared towards motivated students who have the ambition and drive to complete the Bronze Medallion and Bronze Cross Programs. In co-operation with the Manluk Centre, WCHS is able to offer a unique program in which students will receive training for lifesaving skills.

Participants will learn how to safely tow and rescue victims in the water, how to care for conscious and unconscious victims and apply first-aid, both in aquatic and non-aquatics environments. This program will ready participants for the National Lifeguard Award certificate, an award required for employment at the Manluk Centre as a Lifeguard.

Attendance is mandatory in order to successfully complete the hands-on skills required. The training will involve in and out of water instruction. Completion of the course is based on the evaluation and completion of all Alberta North West Territories Lifesaving Societies Standard.

This is a dual credit program where students can earn 3 credits for successful completion of the course in addition to receiving their certificate in the Bronze Medallion and Bronze Cross Programs. In order to keep costs to a minimal, there is also a volunteer component at the Manluk Centre where the student could additionally earn Work Experience credits.

**Students must be prepared to complete the entire program.**