



PSK4U – Introductory Kinesiology Course Profile & Evaluation

Course Description / Rationale / Overview

This course focuses on the study of human movement and of systems, factors, and principle involved in human development. Students will learn about the effects of physical activity on health and performance, the evolution of physical activity and sport, and the physiological, psychological, and social factors that influence an individual's participation in physical activity and sport. The course prepares students for university programs in physical education and health, kinesiology, health sciences, health studies, recreation, and sports administration.

Prerequisite: Any Grade 11 university or university/college preparation course in science, or any Grade 11 or 12 course in health and physical education

Class Requirements

Student Responsibility

Students must seek assistance from the teacher for all work missed due to absence and must make arrangements to complete missed work.

Course Requirements/Department Policies

Attendance requirement

Students are required to log in at least once per week on course activity. Students are expected to spend approximately 7 hours per week for both online and offline learning activities. Students are required to keep a Student Learning Log for each course documenting online and offline activities.

What is considered an Absence?

1. Students failed to log in 2 consecutive weeks will be counted as one absence;
2. By mid-term, if students failed to complete 40% of course work;
When a student has 3 or more absences, the school will issue a warning letter.

Evaluation

Assignments, projects, quizzes, tests, culminating activity and final examination

Curriculum Strands

1. Physical Activity and Sport in Society
2. The Basis of Movement
3. Biomechanics and Motor Development

Achievement Categories

- Knowledge & Understanding 20%
- Thinking & Inquiry 15%
- Communication 15%
- Application 20%

Learning Skills

- Initiative
- Work Habits / Homework
- Organization
- Works Independently
- Teamwork

Evaluation

Assignments	35 % (approximately)
Quizzes & Tests	35 % (approximately)
Culminating Activity	10%
Final Evaluation	20 %

FINAL MARK

Term Work:	70%
Culminating Activity	10%
Summative Evaluation	20%

Resources

Textbook

Supplementary Teaching Materials

Worksheets organized by teacher and other online resources.



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Course Outline

A. Physical Activity and Sport in Society

By the end of this course, students will:

1. Demonstrate an understanding of how the social and cultural significance of physical activity and sport has evolved historically, and analyze current social issues relating to physical activity and sport;
2. Demonstrate an understanding of the individual and social benefits of participation in physical activity and sport and the factors that enable and constrain participation.

B. The Basis of Movement

By the end of this course, students will:

1. Describe the structure and function of major body systems involved in human movement, and demonstrate an understanding of related anatomical and physiological concepts and theories;
2. Demonstrate an understanding of and assess factors that affect performance during human movement.

C. Biomechanics and Motor Development

By the end of this course, students will:

1. Demonstrate an understanding of the phases of movement and of physical laws and biomechanical principles related to improving movement;
2. Demonstrate an understanding of human growth and motor development, and apply it to the design of age-appropriate movement activities and to the enhancement of movement skills.