

**Course:** Active Living 12

**Course Format:** Online

**Course Exams:** None

**Description:** This is a self-paced online course with teacher support available through email.

The aim of Active Living 12 is to provide opportunities for all students to develop knowledge, movement skills, positive attitudes and behaviours that contribute to a healthy, active lifestyle.

Course topics include:

- Components of fitness
- Measuring exercise intensity
- Movement patterns
- Health well-being
- Social Determinants of Health
- Indigenous health
- SMART goals
- Planning for lifelong activity
- Movement guidelines for adults
- Designing, executing, and refining a personal activity calendar

Coursework includes a combination of activity hours (minimum 30 hours per unit, 90 total activity hours) and assignments. Students will make real-time posts to document all activities. Students are expected to reflect regularly throughout the course.

There are no examinations in the course.

**Prerequisites:** None

**Resources:** Online course material, access to a computer, phone/tablet, and Internet.

