

**Course:** Physical and Health Education 8

**Course Format:** Online

**Course Exams:** None

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

The aim of Physical & Health Education 8 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:

- Introductory exercise science
- Personal health and safety
- Food and nutrition
- Mental health and well-being
- Fitness trends
- Exploring personal and community resources
- Stress & stress management

Students will also have opportunities to engage in personal topics of interest.

Coursework includes a combination of activity hours (minimum 20 hours per unit, 80 total activity hours) and assignments. Students will make real-time posts to document all activities. Students are expected to reflect regularly throughout the course.

**Prerequisites:** None

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

