

**Course:** Physical and Health Education 10

**Course Format:** Online

**Credits:** 4

**Course Exams:** None

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

The aim of Physical & Health Education 10 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
- Analyzing health messages
- Evaluating health sources
- Fitness, health, food misconceptions and myths
- Fitness, health, and food trends
- Mental health and well-being

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.

There are no examinations in the course.

**Prerequisites:** None

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

