



MODULES FOR PHYSICAL ACTIVITY PRACTICUM AND CORE COMPONENT

Introduction

Module A: Physical Activity Practicum

Module B: Fitness Management

Module C: Mental-Emotional Health

Module D: Social Impact of Sport

Module E: Substance Use and Abuse Prevention

MODULES FOR PHYSICAL ACTIVITY PRACTICUM AND CORE COMPONENT

Introduction

This section contains the modules and lessons for the Physical Activity Practicum and the Core Component of the Grade 11 Active Healthy Lifestyles curriculum.

The modules are units of instruction developed for a specific strand and/or component of the curriculum. Each module presents lessons that identify the specific learning outcomes, key understandings, and essential questions, provide background information, offer suggestions for instruction/assessment, and present references to assist teachers with planning for instruction. Many references are websites, which are hyperlinked on the CD-ROM and online versions of the document. Resource Masters are included at the end of most lessons.

Teachers may use the sample lessons and/or adjust them as locally determined. All modules are available in Word format.

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Guide to Reading the Modules and Lessons

Module Organization and Codes

Each module begins with an Introduction that gives an overview of the context and focus of the lessons to follow.

The following codes are used for the respective modules:

- PA** Physical Activity Practicum (Module A)
- FM** Fitness Management (Module B)
- MH** Mental-Emotional Health (Module C)
- SI** Social Impact of Sport (Module D)
- SU** Substance Use and Abuse Prevention (Module E)

Lesson Organization and Codes

Each module presents lessons that include the components and codes described below.

Introduction

The Introduction provides teachers with information about the lesson content and about what students are expected to do.

NOTE TO TEACHER

Notes are used to draw attention to specific aspects of a lesson, such as treatment of potentially sensitive content, cautions, definition of terms, and other important information.



Specific Learning Outcomes

Specific learning outcome (SLO) statements define what students are expected to achieve by the end of the grade.

A code is used to identify each SLO by grade and module, as shown in the following example:

- 11.PA.1** The first two numbers refer to the grade (Grade 11).
The two letters refer to the module (Physical Activity Practicum).
The last digit indicates the specific learning outcome number.
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Key Understandings

These are the core concepts, principles, theories, and processes that students will understand and be able to use.

NOTE TO TEACHER

The lessons in Module A do not include **Key Understandings** or **Essential Questions**. The purpose of these lessons is to assist teachers with the process of getting students started on their physical activity practicum.



Essential Questions

These are the questions that students will be able to answer after participating in the learning experiences in the lessons.



Background Information

This information is intended to be used by teachers to develop the student learning experiences and depth of content for each lesson.



Suggestion for Instruction / Assessment

The suggested learning activities give students a practical way of exploring the lesson content and demonstrating their understanding of the essential learning of each lesson.

REFERENCES



Many references are provided to assist teachers with planning for instruction.

In the print version of the document, the website addresses are provided to enable teachers to perform personal searches. On the CD-ROM and online versions of the document, the website references are hyperlinked.

When a website is referenced in a module, it is linked to a page on the Manitoba Education, Citizenship and Youth website where the hyperlinks are active. When accessing websites online or when using the CD-ROM, users will see the following message and can click on the website address:

For website updates, please visit Websites to Support the Grades 11 and 12 Curriculum at www.edu.gov.mb.ca/k12/cur/physhlth/.

Those using the print version of the document will need to key in the Department's website address. This address goes to a master list of websites referenced for each module so that the references can be updated as needed.

Any websites referenced in this document are subject to change. Educators are advised to preview and evaluate websites and online resources before recommending them for student use.



Resource Masters (RMs)

The RMs included at the end of most lessons are intended to provide teachers and/or students with additional information to support and enhance student learning and assessment.

The RMs are numbered sequentially within each module, using the code shown in the following example:



Refer to RM 1-PA: Five-Day Physical Activity Recall.

RM 1-PA **RM** refers to Resource Master.

The number refers to the sequence of RMs within the module (i.e., this is the first RM within the module).

The last two letters refer to the module (Physical Activity Practicum).

A list of the RMs provided in this document follows. Some RMs are available in both Word and Excel formats.

List of Resource Masters

Module A	
Lesson 1	RM 1–PA: Five-Day Physical Activity Recall
Lesson 2	RM 2–PA: Where Am I Now? RM 3–PA: Physical Activity Inventory (Word and Excel)
Lesson 3	RM 4–PA: Personal Physical Activity Plan RM 5–PA: Safety and Risk-Management Planner RM 6–PA: Sample Cover Letter for Physical Activity Practicum RM 7–PA: Physical Activity Log (Word and Excel) RM 8–PA: Sample Sign-off Form for Completion of OUT-of-Class Physical Activity Practicum (Form for Parent/Guardian) RM 9–PA: Sample Sign-off Form for Completion of OUT-of-Class Physical Activity Practicum (Form for Authorized Adult)
Module B	
Lesson 1	
Lesson 2	RM 1–FM: Physical Activity Stages of Change—Questionnaire RM 2–FM: Process of Change: Tailoring Your Approach
Lesson 3	RM 3–FM: Mini-Biographies (and Answer Key) RM 4–FM: Motivation for Physical Activity and Exercise/Working Out—Questionnaires (Word and Excel)
Lesson 4	RM 5–FM: Barriers to Being Active Quiz (Word and Excel)
Lesson 5	RM 6–FM: New Habit Chart (Word and Excel) RM 7–FM: Physical Activity Contract
Lesson 6	RM 8–FM: Fitness Rating of Common Activities (Word and Excel) RM 9–FM: Level of Exertion/Intensity RM 10–FM: Comparative Chart of Cardiorespiratory Endurance (CRE) for Unfit and Fit Individuals RM 11–FM: FITT Principle Guidelines RM 12–FM: Split Routines for Resistance Training RM 13–FM: Resistance Training Log Resistance Training Planner (Excel)—available at < www.edu.gov.mb.ca/k12/cur/physlth/curriculum.html >.
Module C	
Lesson 1	RM 1–MH: Influences on Mental-Emotional Health (and Answer Key) RM 2–MH: Healthy Lifestyle Practices for Mental-Emotional Health RM 3–MH: Life Experiences Leading to Mental Health Issues
Lesson 2	RM 4–MH: Wellness Inventory RM 5–MH: Common Questions about Body Image
Lesson 3	RM 6–MH: Mental Health Scenarios
Module D	
Lesson 1	RM 1–SI: History of Sport: Match the Columns (and Answer Key) RM 2–SI: The Continuum of Physical Activity/Sport Participation
Lesson 2	RM 3–SI: Human Rights Appeal
Lesson 3	RM 4–SI: Moral Dilemmas in Sport
Module E	
Lesson 1	RM 1–SU: How to Read a Prescription Drug Label (and Answer Key) RM 2–SU: You Be the Judge
Lesson 2	RM 3–SU: From Experimenting to Dependency in 43 Seconds RM 4–SU: Levels of Involvement in Substance Use (and Answer Key)
Lesson 3	RM 5–SU: Risk and Protective Factors Related to Substance Misuse (and Answer Key) RM 6–SU: Techniques for Challenging Individual Risk Perception RM 7–SU: Consequences...To Drive or Not to Drive, That Is the Decision RM 8–SU: Unintended Consequences: A Case Study of Elvis Presley RM 9–SU: Sam's Story: Walnut Creek Teen's Road from Meth
Lesson 4	RM 10–SU: Learning Advocacy through Expert Testimony RM 11–SU: Drug Prevention Presentation

