



MODULES FOR PHYSICAL ACTIVITY PRACTICUM AND CORE COMPONENT

Introduction

Module A: Physical Activity Practicum

Module B: Fitness Management

Module C: Nutrition

Module D: Personal and Social Development

Module E: Healthy Relationships

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 12 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. The Resource Masters referred to in the lessons are provided in the Resource Masters section of the document.

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)
- NU** Nutrition (Module C)
- PS** Personal and Social Development (Module D)
- HR** Healthy Relationships (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:

- 12.PA.1** The first two numbers refer to the grade (Grade 12).
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)

Many lessons refer to RMs, which can be found in the Resource Masters section of the document. The RMs are intended to provide teachers and/or students with additional information to support and enhance student learning and assessment.

The RMs are numbered sequentially to correspond with the order in which they are cited within the respective modules, using the code shown in the following example:



Refer to RM 1-PA: Personal Physical Activity Inventory: Current Participation.

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: Personal Physical Activity Inventory: Current Participation (Word and Excel) RM 2–PA: Personal Physical activity Inventory: Choices for an Active Life
Lesson 2	RM 3–PA: Physical Activity Inventory (Word and Excel) RM 4–PA: Risk-Management Plan
Lesson 3	RM 5–PA: Personal Physical Activity Plan 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	RM 1–FM: Physical Activity Experiences: Review and Reflection Questionnaire RM 2–FM: Strategies for Change RM 3–FM: Steps to Goal Setting RM 4–FM: Goal Manager (Excel)
Lesson 2	
Lesson 3	RM 5–FM: Exercise and Fitness Development Investigation: Myth or Fact?
Lesson 4	
Lesson 5	
Module C	
Lesson 1	RM 1–NU: Food Guide Servings Analyzer (and Answer Key) RM 2–NU: A Guide to Food Guide Serving Sizes RM 3–NU: How Do I Measure Up?
Lesson 2	RM 4–NU: Resting Metabolic Rate (RMR) Calculator (Excel) RM 5–NU: Energy Expenditure of Physical Activities (Excel) RM 6–NU: Determining Daily Physical Activity Intensities
Lesson 3	RM 7–NU: Find the Fat RM 8–NU: Some Lifestyle Choices Lead to an Energy Imbalance—How Does It Happen? RM 9–NU: My Lifestyle Choices and Energy Balance
Lesson 4	RM 10–NU: Safe Food Guidelines RM 11–NU: Food Safety Errors: Case Studies (and Answer Key)
Lesson 5	RM 12–NU: Food Label Dictionary
Lesson 6	RM 13–NU: Sport Nutrition Investigation: Myth or Fact?
Module D	
Lesson 1	
Lesson 2	RM 1–PS: Process Observation Report Form
Lesson 3	RM 2–PS: Leadership Questionnaire RM 3–PS: Survival Game Questionnaire (and Interpretation of Results)
Module E	
Lesson 1	RM 1–HR: Relationship Values RM 2–HR: Reflecting on Relationships
Lesson 2	RM 3–HR: Bill of Rights and Responsibilities
Lesson 3	RM 4–HR: Troubles in Paradise RM 5–HR: Relation Shifts: Case Study RM 6–HR: Assertive Communication Tips
Lesson 4	

