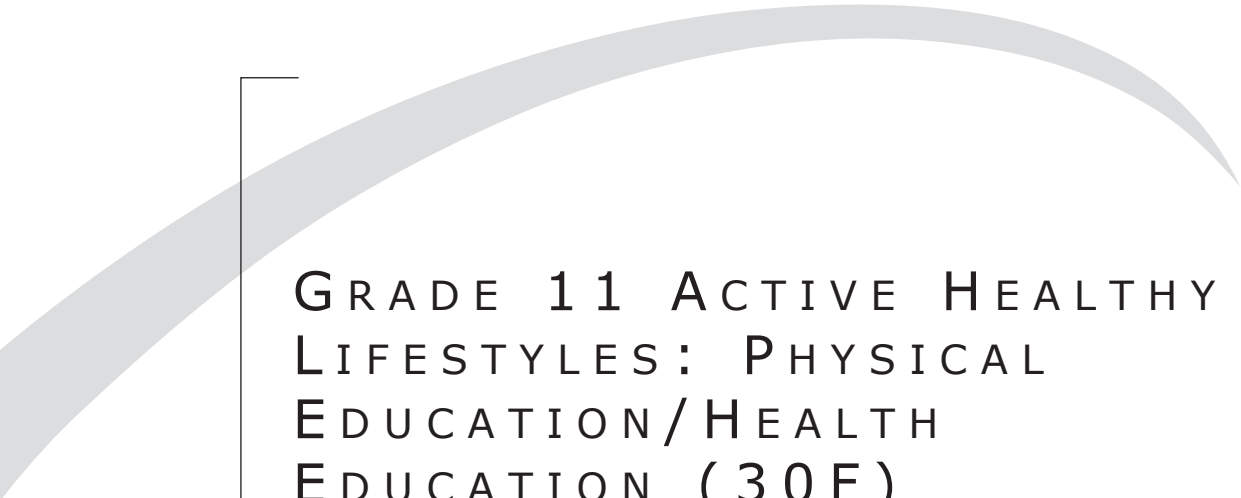




Grade 11 **Active Healthy Lifestyles:** **Physical Education/ Health Education (30F)**

A Course for Independent Study

Field Validation Version



GRADE 11 ACTIVE HEALTHY
LIFESTYLES: PHYSICAL
EDUCATION/HEALTH
EDUCATION (30F)

A Course for Independent Study

Field Validation Version

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CONTENTS

Acknowledgements	vii
-------------------------	-----

Introduction	ix
Welcome	ix
Students: Who Is Able to Complete This Course?	ix
Course Components: What Is This Course about and How Is It Organized?	ix
Assessment: How Will You Know How Well You Are Learning?	xi
Resources: What Resources Will You Need for This Course?	xiii
Assistance: Who Can Help You with This Course?	xiv
Submission of Assignments: When and How Do You Submit Assignments to Your Tutor/Marker?	xv
Time: How Long Will It Take You to Complete This Course?	xviii
Safety Considerations: Who Takes Responsibility for Your Safety?	xx
Guide Graphics: What Are They For?	xxii
Cover Sheets	xxv

Module 1: Physical Activity Practicum	1
Introduction	3
Lesson 1: Your Physical Activity Practicum	5
Lesson 2: Making Your Practicum Safe	15
Module 1 Assignments	21
Assignment 1.1: Planning for Risk Management	23
Assignment 1.2: Finalizing Your Physical Activity Plan	33

Module 2: Fitness Management	1
Introduction	3
Lesson 1: Physical Activity for Optimal Health and Fitness	5
Lesson 2: Changing Physical Activity Behaviour	9
Lesson 3: Understanding Your Personal Motivation for Physical Activity	15
Lesson 4: Addressing Barriers to Physical Activity	21
Lesson 5: Making Physical Activity a Habit	27
Lesson 6: Planning for Physical Fitness	31
Lesson 7: Workout Guidelines	35
Module 2 Learning Activity Answer Key	47
Module 2 Assignments	55
Assignment 2.1: Module 2 Physical Activity Log	57
Assignment 2.2: Benefits of Your Physical Activity Choices	66
Assignment 2.3: Developing Split Routines for Resistance Training	67

Module 3: Mental-Emotional Health	1
Introduction	3
Lesson 1: Mental Health, Healthy Habits, and Exercise	5
Lesson 2: Stress and Body Image	11
Lesson 3: Anxiety and Depression	19
Module 3 Learning Activity Answer Key	27
Module 3 Assignment	33
Assignment 3.1: Module 3 Physical Activity Log	35

Module 4: Social Impact of Sport	1
Introduction	3
Lesson 1: The Roles of Sport	5
Lesson 2: Sport as an Agent for Social Change	11
Lesson 3: Sporting Behaviour	21
Module 4 Learning Activity Answer Key	27
Module 4 Assignment	35
Assignment 4.1: The Impact of Sporting Behaviour	37

Module 5: Substance Use and Abuse Prevention	1
Introduction	3
Lesson 1: Legal and Illegal Substances	5
Lesson 2: Stages of Substance Use and Addiction	13
Lesson 3: Risks and Consequences of Substance Use	17
Lesson 4: Advocacy against Substance Use	27
Module 5 Learning Activity Answer Key	39
Module 5 Assignment	49
Assignment 5.1: Module 5 Physical Activity Log	51

Appendix	1
Physical Activity Inventory	3

Bibliography	1
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INTRODUCTION

Welcome

Welcome to Grade 11 Active Healthy Lifestyles: Physical Education/Health Education: A Course for Independent Study. In this course, you will learn how to take charge of your physical fitness and health, not only for the duration of this course, but also for the rest of your life. This course will help you to develop the knowledge, skills, and attitudes for leading a physically active and healthy lifestyle.

This course is designed to help you live a healthier life by teaching you how to deal with the following behaviours that contribute to today's major health issues:

- inadequate physical activity
- abuse of substances, including alcohol and tobacco
- behaviours that result in injuries

The purpose of this Introduction is to help you become familiar with the course and how you are going to complete it. Read the Introduction carefully before starting Module 1.

Students: Who Is Able to Complete This Course?

Any student should be able to complete this course, regardless of physical condition, physical disability or limitation, or access to equipment or resources. If you have any questions about these things, contact the Independent Study Option (ISO) office toll-free at 1-800-465-9915.

Course Components: What Is This Course about and How Is It Organized?

This course focuses on physical education, and health education. It is organized into five modules, each containing several lessons.

Course Expectations

To complete this course, you will need to do the following:

- Read this Introduction very carefully so that you know what is expected of you and where you can find any information you require.
- Study each lesson in each of the five modules.
- Complete all learning activities and compare your responses to those provided in the answer keys.
- Complete the assignments in each module, and mail or email them to your tutor/marker for assessment after finishing the module(s).
- Be physically active. Part of your assignments will involve planning and logging your physical activities.
- Write your final examination when you have completed Module 5.

Modules

The course is divided into the following five modules:

- Module 1: Physical Activity Practicum
- Module 2: Fitness Management
- Module 3: Mental-Emotional Health
- Module 4: Social Impact of Sport
- Module 5: Substance Use and Abuse Prevention

Lessons

Each module in this course is made up of several lessons, which are organized as follows:

- **Introduction:** Each lesson begins by telling you what you will be learning.
- **Lesson:** The main body of the lesson is made up of the content that you need to learn.
- **Learning Activities:** Many lessons include one or more learning activities that will help you learn about the lesson topics and prepare you for the assignments and the final examination. Some learning activities have answer keys, which are found at the end of the applicable modules. Many questions, however, ask for opinions or reflections for which responses will vary. They do not have answer keys. Do not send your learning activities to your tutor/marker.
- **Assignments:** Some lessons also contain one or more assignments. You will mail or email all your completed assignments to your tutor/marker for assessment.

- **Summary:** Each lesson ends with a brief review of what you just learned.
- **Module Review Questions:** These questions are found at the end of Modules 2 to 5. Do not send your answers to your tutor/marker.

Assessment: How Will You Know How Well You Are Learning?

Please note that you will **not** receive a final mark for this course. Instead, at the end of this course, you will receive **either** a **Complete** or an **Incomplete** designation.

To earn a credit for this course, you will need to earn a Complete designation. These are the things that you will need to do to obtain a **Complete** designation:

1. Plan and complete at least **83 hours of physical activity**, including at least 55 hours in the moderate to vigorous intensity range.
2. Record your 83 hours of physical activity in your **Physical Activity Logs**. You will learn more about this in Lesson 1 of Module 1.
3. Complete **all the assignments** so that they meet the established criteria. The criteria are listed in each assignment.
4. Earn at least **40 percent on your final examination**.

Learning Activities



Learning activities will let you know how well you are learning when you complete them, and then check your answers with the answer keys provided at the end of the respective modules. Some learning activities have answer keys. Many questions, however, ask for opinions or reflections for which responses will vary. They do not have answer keys. Remember that you do not need to send your learning activities to your tutor/marker.

Assignments



The assignments are found in the Assignment(s) section at the end of each module. You will submit all your completed assignments to your tutor/marker (the educator who will assess your assignments and your final examination).

To pass this course, you must complete each assignment, meeting the criteria established for the assignment. When you have completed an assignment, compare your work to the criteria for that assignment. If your assignments do not meet the criteria, your tutor/marker will have to return them to you so that you can redo them and resubmit them.

Some assignments are paper-and-pen tasks, which you will complete directly on the sheets provided. Because this course involves physical activities, some assignments need special preparation and additional resources or research. Detailed information is provided in the assignments themselves.

Physical Activity Practicum

The Physical Activity Practicum is the main focus of this course. It gives you the opportunity to take part in at least 83 hours of physical activities of your choice and to keep a record of them. The Physical Activity Practicum consists of two parts: a Physical Activity Plan (in which you plan your activities) and Physical Activity Logs (in which you keep track of your activities).

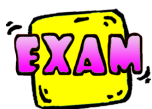
■ Physical Activity Plan

This is the written schedule of all the physical activities you will take part in during the course. The assignments in Module 1 will help you to create your Physical Activity Plan (your Plan). Before you begin your physical activities, you will submit your Plan to your tutor/marker, who will review it for safety considerations. If your tutor/marker has concerns about any of the activities, he or she will contact you and/or your parent/guardian to discuss them. The Plan may be revised in further assignments. You will then take part in physical activities and record them in your Physical Activity Logs, accumulating at least 83 hours of physical activity participation time. This averages to at least one hour per day, five days per week.

■ Physical Activity Logs

Every time you participate in one of your planned physical activities, you will record the time spent doing the activities in a Physical Activity Log (your Log). There is a Physical Activity Log in Modules 2, 3, and 5. To meet your required minimum of 83 hours of physical activity participation, each Log should average about 28 hours of activity time. You will use the information from your Logs to set personal goals related to the type, frequency, intensity, and duration (time) of your physical activity. By keeping track of the data, you will be able to observe your own progress and achievement.

Final Examination



At the end of this course, you will write the final examination under supervision. You need to make the following arrangements to write it:

- **If you are attending school**, ask your school's Independent Study Option (ISO) school facilitator to add your name to the ISO examination eligibility list. Do this at least three weeks prior to the next scheduled examination week.
- **If you are not attending school**, check the **Examination Request Form** for options available to you. The form was mailed to you with this course. Three weeks before you are ready to write the final examination, fill in the Examination Request Form and mail or fax it to

ISO Registration
555 Main Street
Winkler MB R6W 1C4
Fax: 204-325-1719
Toll-Free Telephone: 1-800-465-9915

Resources: What Resources Will You Need for This Course?

For this course, you will need to obtain and have access to a variety of resources, including those identified below.

Resources Available on the Internet



Having a computer with Internet access is not a requirement to complete this course. It would be helpful to have Internet access, however, since many websites contain information related to the course assignments. Keep in mind that Internet sites come and go. This course might refer to some sites that no longer exist. If that is the case, you may be able to use a search engine (such as <www.google.ca>) to find the information you are looking for.

To complete this course, you will need access to the following files, which are available online.

- ***Out-of-Class Safety Handbook: A Resource for Grades 9 to 12 Physical Education/Health Education*** (Manitoba Education, Citizenship and Youth) needs to be consulted for your Physical Activity Plan. It is available at <www.edu.gov.mb.ca/k12/dl/downloads/index.html>. If you are unable to view this document on the Internet, phone the ISO office at 1-800-465-9915, and a copy will be mailed to you.

- **Physical Activity Plan.** To complete this course, you will need to complete one Physical Activity Plan, either on paper or online. If you choose to complete your Plan on paper, you will find it in the course itself. If you choose to complete your Plan online, you will find it at www.edu.gov.mb.ca/k12/dl/downloads/index.html.
- **Physical Activity Logs.** To complete this course, you will need to complete several Physical Activity Logs, either on paper or online. If you choose to complete the Logs on paper, you will find the Logs in the course itself. If you choose to complete the Logs online, you need to choose one of the following:
 - The **Physical Activity Log: Generic Calendar** can be found at www.edu.gov.mb.ca/k12/cur/physhlth/generic_log_calendar.xls. This Log is used by many teachers and schools in Manitoba. If you attend school, you may prefer this version because the teachers in your school may be familiar with it.
 - The **Physical Activity Log: Independent Study** can be found at www.edu.gov.mb.ca/k12/dl/downloads/index.html. This Log was developed specifically for students studying Active Healthy Lifestyles (either Grade 11 or Grade 12) through ISO.

A Note about Facilities



If you wish, you can perform many of your physical activities for this course while playing sports or taking part in organized activities in facilities such as school gymnasiums or playing fields, swimming pools, fitness centres, and so on. Please note that Manitoba Education will not cover costs for obtaining memberships at fitness centres, for joining sports teams, for purchasing sports equipment, and so on.

Assistance: Who Can Help You with This Course?

Taking an independent study course is different from taking a course in a classroom or gym. Instead of relying on the teacher to tell you to complete a learning activity, an assignment, or a Log, you must tell yourself to be responsible for your learning and for meeting deadlines. There are, however, two people who can help you be successful in this course: your tutor/marker and your learning partner.

Your Tutor/Marker

In a regular classroom, students who communicate with their teachers have an easier time completing their courses. It's the same with independent learners; those who stay in touch with their tutor/markers finish the course faster and with less hassle. That's because your tutor/marker is available to answer your questions and to encourage you. Tutor/markers are experienced educators who tutor independent students and assess assignments and examinations.

When you are having difficulty with something in this course, be sure to contact your tutor/marker, who is there to help you. Your tutor/marker's name and contact information were sent to you with this course. If you are not sure how to contact your tutor/marker, phone the ISO office at 1-800-465-9915.

Your Learning Partner



A learning partner is someone **you choose** who will help you learn. It may be someone who knows something about physical education and health education, but it doesn't have to be. A learning partner could be someone else who is taking this course, a teacher, a parent or guardian, a sibling, a friend, or anybody else who can help you. Most importantly, a learning partner should be someone with whom you feel comfortable, and who will support you as you work through this course.

Your learning partner can help you keep on schedule with course work, check and respond to your work, help you make sense of assignments, and help you complete your Plan and Logs. He or she can also help you study for your final examination.

Submission of Assignments: When and How Do You Submit Assignments to Your Tutor/Marker?

When to Submit Assignments

While working on this course, you will mail or email completed assignments to your tutor/marker four times. Each time you send an assignment, you must include the applicable Cover Sheet, which you will find at the end of this Introduction. The following chart shows you exactly what assignments you will be mailing or emailing.

Submission of Assignments*		
Mailing	Modules	Assignments You Will Mail or Email
Mailing 1	Module 1	<ul style="list-style-type: none"> ■ Module 1 Cover Sheet ■ Assignment 1.1: Planning for Risk Management ■ Assignment 1.2: Finalizing Your Physical Activity Plan
Mailing 2	Module 2	<ul style="list-style-type: none"> ■ Module 2 Cover Sheet ■ Assignment 2.1: Module 2 Physical Activity Log ■ Assignment 2.2: Benefits of Your Physical Activity Choices ■ Assignment 2.3: Developing Split Routines for Resistance Training
Mailing 3	Modules 3 and 4	<ul style="list-style-type: none"> ■ Modules 3 and 4 Cover Sheet ■ Assignment 3.1: Module 3 Physical Activity Log ■ Assignment 4.1: The Impact of Sporting Behaviour
Mailing 4	Module 5	<ul style="list-style-type: none"> ■ Module 5 Cover Sheet ■ Assignment 5.1: Module 5 Physical Activity Log

* Note: Before you submit your completed assignments, make sure that you and your parent/guardian have signed all the applicable forms included in these assignments.

Ways to Submit Assignments

In this course, you have the choice of either mailing or emailing your assignments.

- Each time you **mail** something, you must include the print version of the applicable Cover Sheet (found at the end of this Introduction).
- Each time you **email** something, you must include the electronic version of the Cover Sheet (found at <www.edu.gov.mb.ca/k12/dl/downloads/index.html>.)

Complete the information at the top of the Cover Sheet before mailing or emailing it along with your assignment(s).

Mailing Your Assignments



If you choose to mail your completed assignments, please photocopy all the materials first so that you will have a copy in case your package goes missing. You will need to place the applicable module Cover Sheet and assignment(s) in an envelope, and address it to

ISO Tutor/Marker
555 Main Street
Winkler MB R6W 1C4

Your tutor/marker will mark your work and return it to you by mail.



Emailing Your Assignments

If you choose to email your assignments, make sure you save copies of them before you send them. That way, you can refer to your assignments when you discuss them with your tutor/marker.

To email your completed assignments, you will first need to do **one** of the following:

- **If you are attending school**, please ask your ISO school facilitator (the person who signed your ISO Registration/ Admission Form) for permission to email your assignments and to determine your school's procedure for emailing assignments.
- **If you are not attending school**, please obtain permission directly from your tutor/marker to submit your assignments electronically.

How to Submit Your Work (files must not exceed 5 MB)

Please submit your work in the file types shown below:

- **Written work:** Microsoft Word files (doc) or RTF files
- **Spreadsheets:** Microsoft Excel files (xls)
- **Pictures and graphics:** JPEG or GIF files
- **Scanned work:** PDF files (save multiple pages in one file)

How to Send Your Email

1. Use the following format to compose your email.

To: distance.learning@gov.mb.ca
cc: [your ISO school facilitators' email address, if you attend school]
Subject: [My Name] Grade 11 Active Healthy Lifestyles
Attachment: Assignments 1.1 and 1.2.doc
Message: Assignments 1.1 and 1.2
Tutor/marker: _____
School: _____

2. Attach your files (files must not exceed 5 MB).
3. Email your assignments to <distance.learning@gov.mb.ca>. Do **not** email your assignments directly to your tutor/marker. Email sent directly to the tutor/marker will be returned unread.

Your tutor/marker will mark your work and return it to you by email.

Time: How Long Will It Take You to Complete This Course?

It will take you **at least four months** to complete this course. Given that the course has five modules, you would need to complete more than one module every month.



You will spend a minimum of 110 hours on this course. Of this time, you will spend at least 83 hours being physically active, 55 hours in the moderate to vigorous range, which ends up being about one hour per day, five days per week. Please note that you should strive to meet the guidelines in *Canada's Physical Activity Guide for Youth* (Public Health Agency of Canada), which would mean accumulating at least one hour of moderate physical activity and 30 minutes of vigorous activity each day.

It is impossible to take this course in less than four months because you have to plan and log your physical activities, in addition to completing other course work. There are a total of three Physical Activity Logs (in Modules 2, 3, and 5), in each of which you will record about 28 hours of physical activity. Besides completing the Logs, you need to study and complete your assignments, some of which involve research.

You probably won't want to spend much longer than four months on this course. Often, when students take much longer than that, they get tired of the course and struggle to keep motivated. It is best to stay focused on the course and not let it drag on.

Take a look at the following three sample charts and decide which one best describes the time of year when you want to begin and complete this course.



Remember that the dates indicated in the charts are just sample dates (not actual dates). They are meant to help you keep track of the completion and submission of your Plan and your Logs.

Do not wait until the last minute to complete your work, since your tutor/marker may not be available to assess it immediately. Remember, it may take over a week for your work to travel through the mail, so make sure you leave enough time for that. It may also take a few weeks for your tutor/marker to assess your work and return it to you or to your school.

Sample Chart A: Semester 1

If you want to start the course in September and complete it in January, you can follow the following suggested timeline. If you complete the five modules by the date specified, you will mail or email your assignments to your tutor/marker as indicated in the following chart.

Module	Date of Assignment Submission
Module 1	September 15 Assignments 1.1 and 1.2
Module 2	October 19 Assignments 2.1 to 2.3
Module 3 and Module 4	December 20 Assignment 3.1 Assignment 4.1
Module 5	January 15 Assignment 5.1

Sample Chart B: Semester 2

If you register for this course in January and would like to complete it by June, you can follow the timeline suggested below.

Module	Date of Assignment Submission
Module 1	January 15 Assignments 1.1 and 1.2
Module 2	February 19 Assignments 2.1 to 2.3
Module 3 and Module 4	April 23 Assignment 3.1 Assignment 4.1
Module 5	May 20 Assignment 5.1

Sample Chart C: Entire School Year

If you register for this course in September and would like to complete it by June, you can follow the timeline suggested below.

Module	Date of Assignment Submission
Module 1	September 30 Assignments 1.1 and 1.2
Module 2	November 10 Assignments 2.1 to 2.3
Module 3 and Module 4	March 15 Assignment 3.1 Assignment 4.1
Module 5	May 20 Assignment 5.1

Safety Considerations: Who Takes Responsibility for Your Safety?



Safety is vital when participating in any physical activity. The nature and risk level of the physical activity (e.g., walking, swimming, playing hockey) will determine how much attention you and your parent/guardian/supervising adult will need to pay to the type of supervision required.

Taking responsibility for your safety is a very important part of this course. Always think **safety first**. Before you participate in any physical activity, you and your parent/guardian should use the following safety checklist. You must be responsible for your own safety.

Safety Checklist for Physical Activity

The following are some questions that you must ask yourself before becoming physically active:

- Do you understand the safety rules related to the physical activity?
- Is the activity suitable for your age, ability, and physical condition?
- Is the activity suitable for any medical condition that you might have?
- Do you understand the correct form or technique of the exercises or skills you need to practise?
- Do you understand the risks associated with the physical activity and ways to avoid the dangers?
- Is the equipment suitable and in good condition?
- Is appropriate supervision provided in light of the danger or risk associated with the physical activity?
- Have you discussed your choice of activity with your tutor/marker and your parent/guardian?
- Has your parent/guardian signed your Physical Activity Plan? This signature will help ensure that you and your parent/guardian are informed about the safety and risk-management measures for your choice of physical activities and sports in this course.

Consent Forms

Students 18 or Older: What Consent Form Do You Sign?

If you are 18 years of age or older, you are required to complete the **Grade 11 Active Healthy Lifestyles Student Consent Form (Students 18 or Older)** before you register for this course. The form can be downloaded from the Manitoba Education website at <www.edu.gov.mb.ca/k12/dl/forms>.

Students Younger Than 18: What Consent Forms Do Your Parents/Guardians Sign?

To complete this course, students who are under 18 years of age will need to have their parents/guardians sign several documents. (In this course, the term *parents* refers to both parents and guardians, and is used with the recognition that in some cases only one parent may be involved in the child's education.)

Parents need to provide their signature for the following parts of this course:

- Parents must sign the **Grade 11 Active Healthy Lifestyles Parental Consent Form** before a student younger than 18 can register for this course. The form can be downloaded from the Manitoba Education website at <www.edu.gov.mb.ca/k12/dl/forms>.
- You and your parents must sign the **Physical Activity Plan** (Assignment 1.2). These signatures indicate that you and your parents are informed about the safety and risk-management measures for the physical activities/sports you have chosen to participate in for this course.
- You and your parents must sign the three **Physical Activity Logs** (Assignments 2.1, 3.1, and 5.1). These signatures indicate that you and your parents confirm that you have taken part in the activities indicated in your Logs.

Student Accident Insurance

Parents are encouraged to ensure that their sons/daughters have adequate accident insurance. One way to do so is to purchase the Manitoba Association of School Trustees' Student Accident Insurance. It provides comprehensive 24-hour insurance coverage for Manitoba students. More information is available from

Hayhurst, Elias, Dudek Inc. (HED)
Insurance and Risk Services
777 Portage Avenue
Winnipeg MB R3G 0N3
Telephone: 204-943-0331
Toll-Free: 1-800-665-8990
Fax: 204-975-1624
Toll-Free Fax: 1-888-990-4301
Email: hed@hedinc.com
Website: www.hedinc.com/products/studentaccident/main

Note to Parents/Guardians



Your child will be working with a learning partner to complete this course. Please ensure that this learning partner is a safe and respectful person who will not harm your child. This person should not have a criminal record or have his or her name on the Child Abuse Registry.

Guide Graphics: What Are They For?

Guide graphics are used throughout this course to identify and guide you in specific tasks. Each graphic has a specific purpose, as described below.



Safety: Check for any risks and pay attention to any safety considerations related to a physical activity.



Note: Take note of and remember this important information or reminder.



Learning Partner: Ask your learning partner to help you with this task.



Phone: Call your tutor/marker.



Internet: If you have access to the Internet, you can use it to get more information. Internet access is optional for this course.



Learning Activity: Complete a learning activity. This will help you to review or practise what you have learned, and to prepare for an assignment or the final examination. You will not send learning activities to your tutor/marker. Instead, you will compare your responses to those provided in the Learning Activity Answer Key found at the end of the applicable modules.



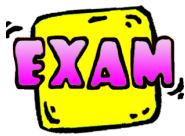
Assignment: Complete an assignment. The assignments are found in the Assignment(s) section at the end of each module. You will mail or email your completed assignments to your tutor/marker for assessment (when instructed to do so).



File Assignment: File your completed assignment(s) until you have finished the next module of this course.



Submit Assignment: It is now time to mail or email your completed assignment(s).



Examination: It is time to write your final examination.

Notes

GRADE 11 ACTIVE HEALTHY LIFESTYLES (30F)

Module 1 Cover Sheet

Please place on top of your assignments to assist in proper recording of your work.

Send to:
ISO Tutor/Marker
555 Main Street
Winkler MB R6W 1C4

Name: _____ Phone: _____

Address: _____

City/Town: _____ Postal Code: _____

Attending School: No Yes Email: _____

School Name: _____

For Office Use Only

Module 1 Assignments

Date Received: _____ Date Returned: _____

Complete (✓)

Assignment 1.1: Planning for Risk Management _____

Assignment 1.2: Finalizing Your Physical Activity Plan _____

Remarks:

GRADE 11 ACTIVE HEALTHY LIFESTYLES (30F)

Module 2 Cover Sheet

Please place on top of your assignments to assist in proper recording of your work.

Send to:
ISO Tutor/Marker
555 Main Street
Winkler MB R6W 1C4

Name: _____ Phone: _____

Address: _____

City/Town: _____ Postal Code: _____

Attending School: No Yes Email: _____

School Name: _____

For Office Use Only

Module 2 Assignments

Date Received: _____ Date Returned: _____

Complete (✓)

- Assignment 2.1: Module 2 Physical Activity Log _____
- Assignment 2.2: Benefits of Your Physical Activity Choices _____
- Assignment 2.3: Developing Split Routines for Resistance Training _____

Remarks:

GRADE 11 ACTIVE HEALTHY LIFESTYLES (30F)

Modules 3 and 4 Cover Sheet

Please place on top of your assignments to assist in proper recording of your work.

Send to:
ISO Tutor/Marker
555 Main Street
Winkler MB R6W 1C4

Name: _____ Phone: _____

Address: _____

City/Town: _____ Postal Code: _____

Attending School: No Yes Email: _____

School Name: _____

For Office Use Only

Modules 3 and 4 Assignments

Date Received: _____ Date Returned: _____

Complete (✓)

- | | |
|---|-------|
| <input type="checkbox"/> Assignment 3.1: Module 3 Physical Activity Log | _____ |
| <input type="checkbox"/> Assignment 4.1: The Impact of Sporting Behaviour | _____ |

Remarks:

GRADE 11 ACTIVE HEALTHY LIFESTYLES (30F)

Module 5 Cover Sheet

Please place on top of your assignments to assist in proper recording of your work.

Send to:
ISO Tutor/Marker
555 Main Street
Winkler MB R6W 1C4

Name: _____ Phone: _____

Address: _____

City/Town: _____ Postal Code: _____

Attending School: No Yes Email: _____

School Name: _____

For Office Use Only

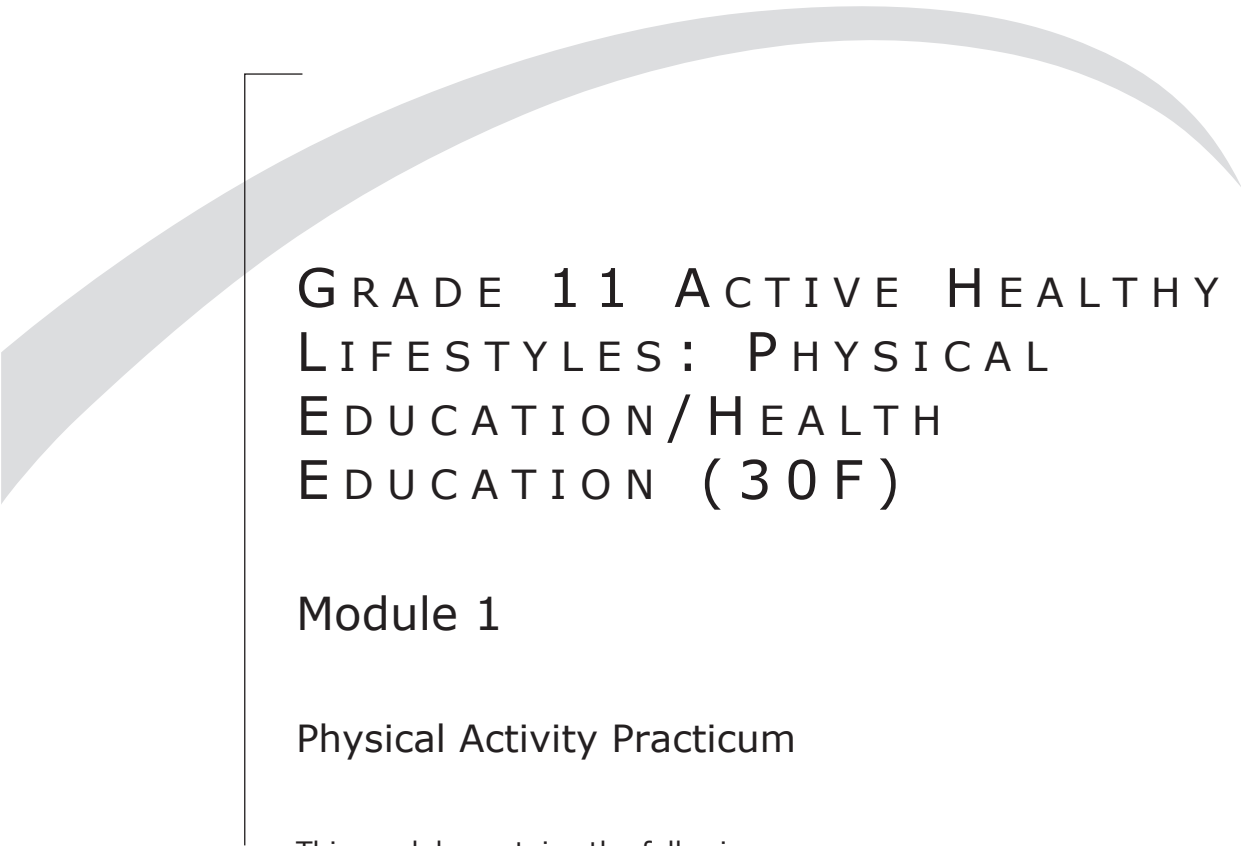
Module 5 Assignment

Date Received: _____ Date Returned: _____

Complete (✓)

Assignment 5.1: Module 5 Physical Activity Log _____

Remarks:



GRADE 11 ACTIVE HEALTHY LIFESTYLES: PHYSICAL EDUCATION/HEALTH EDUCATION (30F)

Module 1

Physical Activity Practicum

This module contains the following:

- Introduction
- Lesson 1: Your Physical Activity Practicum
- Lesson 2: Making Your Practicum Safe
- Module 1 Assignments
 - Assignment 1.1: Planning for Risk Management
 - Assignment 1.2: Finalizing Your Physical Activity Plan

MODULE 1 : PHYSICAL ACTIVITY PRACTICUM

Introduction

The purpose of Module 1 is to help you take control of your own physical activity by having you start your physical activity practicum. This practicum will help you to understand your current level of physical activity and to plan your physical activity for the time that you spend in this course.

You will then keep track of your actual physical activity for that time (which will add up to at least 83 hours), using your Physical Activity Logs. You will also learn how to stay safe while you are active. This information will help you to know yourself better and to understand what you need to do to reach your health-related fitness goals. In later modules, you will learn about setting goals and changing your behaviour so that you can meet the goals that you have set for yourself.

Assessment

You will be assessed on your completion of the Module 1 assignments found at the end of this module. When you have completed this module, mail or email your completed assignments to your tutor/marker. You will not be able to proceed with your Logs until your Physical Activity Plan is approved, so be sure to send in your Module 1 assignments as soon as possible. You should spend no more than two weeks on this module.

Assessment Checklist

- Lesson 1: There is no assignment in Lesson 1.
- Lesson 2: Assignment 1.1: Planning for Risk Management
Assignment 1.2: Finalizing Your Physical Activity Plan

Notes

LESSON 1: YOUR PHYSICAL ACTIVITY PRACTICUM

Introduction

This lesson will help you to start your physical activity practicum. Your practicum will be an ongoing assignment throughout this course.

After completing this lesson, you will be able to

- use your critical thinking, planning, and decision-making skills to develop a personal Physical Activity Plan that is safe and ethical and contributes to personal health-related fitness goals

The Physical Activity Practicum

An active, healthy lifestyle doesn't come about by accident. You need to work for it. Your physical activity practicum gives you the chance to do that by putting you in charge of your physical activity. In your practicum, you will plan and record the physical activities you will participate in during this course.

You've probably noticed that many people of all ages can benefit from being more active. For example, lots of people lack energy or physical strength, or have a hard time controlling their weight. An essential part of dealing with these issues is simply to be more active. But how do you know how active you should be? And exactly which activities should you take part in?

According to *Canada's Physical Activity Guide for Youth* (Public Health Agency of Canada), youth should accumulate 90 minutes of physical activity every day to stay healthy or to improve health. Of the 90 minutes of physical activity, 30 minutes should be of vigorous intensity and 60 minutes should be of moderate intensity. This activity does not have to come from one bout of exercise, but can be accumulated from brief intervals throughout the day (e.g., climbing stairs, walking to and from school).

So, your practicum can help you to stay healthy or (if you're not healthy now) to become healthy by helping you plan those 90 minutes of physical activity per day. You will be encouraged to take part in activities that you enjoy, and then keep track of them, to make sure you are being active enough to reach the goals you have set for yourself.

The physical activity practicum is made up of two parts:

■ **The Physical Activity Plan**

You will complete **one** Plan in this course. In it, you will write down the physical activities that you plan on doing over the next several months as you complete this course. So, you will be able to plan whether to keep up your current level of physical activity, or to become more active.

Remember that becoming more active, and embracing a healthier lifestyle, will not only help you to become healthier, but will also help you to have higher self-esteem and to get along better with others. The form you will use to complete your Plan is available in the Assignments section at the end of Module 1, as well as online at

www.edu.gov.mb.ca/k12/dl/downloads/index.html.

■ **The Physical Activity Logs**

You will complete **four** Logs in this course. The first one is a short practice Log found in Module 1. The others are found in Modules 2, 3, and 5. In these Logs, you will record the physical activities that you actually take part in. Once you have completed the Module 2 Physical Activity Log, you will submit it to your tutor/marker and begin recording your activities in the Module 3 Physical Activity Log, and so on. Additional copies of the Logs are available online at

www.edu.gov.mb.ca/k12/dl/downloads/index.html.

If you are younger than 18 years of age, your Logs must be signed by your parent/guardian. The **Physical Activity Plan Parent/Guardian Consent Form** is located in the Assignments section at the end of Module 1. The form is also available online at

www.edu.gov.mb.ca/k12/dl/downloads/index.html.

Criteria for the Physical Activity Practicum

1. You must participate in a minimum of 83 hours of physical activity. At least 55 hours need to be at the **moderate** to **vigorous** intensity level. Here is an explanation of the terms **light**, **moderate**, and **vigorous activities**:
 - a. During **light activities**, you begin to notice your breathing, but talking is fairly easy.
 - b. During **moderate activities**, your heart rate increases and you can hear yourself breathe, but can still talk. Examples of moderate activities include brisk walking, bicycling (less than 15 km/hour), skateboarding, shooting baskets, and curling.
 - c. During **vigorous activities**, your heart rate and breathing increase to an even higher level where it is difficult to talk. Examples of vigorous activities include jogging, swimming, walking briskly, jumping jacks, playing sports that involve running, tobogganing, shovelling snow, and walking through deep snow.

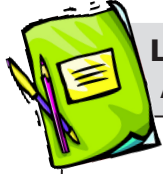
2. The physical activities that you select must be safe, ethical, and appropriate for your age and experience. They may include school-based and non-school-based physical activities:
 - a. **School-based** physical activities (if you are attending school) include physical education classes, intramural programs, and sport teams.
 - b. **Non-school-based** physical activities include community sport programs (e.g., hockey teams, fitness clubs, aerobic classes, weight training), special interest clubs (e.g., karate), and home-based exercise (e.g., jogging, video exercise programs).
3. You must address safety and risk-management measures for all your physical activities. You will learn about this in Assignments 1.1 and 1.2.

Time Requirements

You may think that 83 hours of physical activity is a lot of time, but consider how it would break down over a four-month period:

- 83 hours over 1 semester = approximately 20 hours per month
- 20 hours per month = approximately 5 hours per week
- 5 hours per week = 1 hour per day, 5 days per week

So, to meet the course requirements, you must participate in physical activity for **one hour per day**, five days per week. Every day, you should spend **40 minutes** doing **moderate** or **vigorous** activities to get the 55 hours required for this course.



Learning Activity 1.1: A Practice Physical Activity Log

Remember that this is a learning activity, so you will **not** be sending it to your tutor/marker to be assessed; only your assignments will be assessed.



The purpose of this learning activity is to give you some practice and background in logging your physical activities. This is important because you will complete three regular Logs in this course, and send them in to be assessed.

Complete this learning activity as follows:

1. Find the **Physical Activity Inventory** in the Appendix at the end of this course. Or, if you would rather use an Excel version, you can find one online at www.edu.gov.mb.ca/k12/dl/downloads/index.html.
2. Review the **Practice Physical Activity Log Sample** on the next page. It will inspire you to complete the blank practice Log on the following page. It contains various activities to give you an idea of the range of activities that you can do. If you can, explore a new activity, preferably something that you might take part in for years to come.
3. Think back to all the physical activities you participated in over the past week. It does not matter how active you have been, since the purpose of this learning activity is simply to have you practise logging your activities.
4. In the **Practice Physical Activity Log** that follows the sample, write the date you engaged in physical activities.
5. Then, write the names of the physical activities in which you participated. Use the same names as those found in the **Physical Activity Inventory**.
6. Write the amount of time you spent participating in activities of various intensity (light, moderate, or vigorous). Write your times in hours and half hours. Round them off to the nearest .5, so that it will be easy to add them up at the end.
7. Add up all your estimated times at the bottom of each column.
8. Answer the two questions that follow the practice Log.

continued

Practice Physical Activity Log Sample

Name: Jo O'Murrie

Date	Activity Description	Intensity Level and Duration (Hours)		
		Light	Moderate	Vigorous
Feb. 28, 2011	<ul style="list-style-type: none"> ■ basketball ■ resistance training—back and arms 		0.5	1.5
Mar. 1, 2011				
Mar. 2, 2011	<ul style="list-style-type: none"> ■ yard work ■ resistance training—shoulders and chest 		1.5	1.0
Mar. 3, 2011	<ul style="list-style-type: none"> ■ Pilates ■ resistance training—back and arms 		1.0	1.0
Mar. 4, 2011				
Mar. 5, 2011	<ul style="list-style-type: none"> ■ dancing—ballroom 			1.5
Mar. 6, 2011	<ul style="list-style-type: none"> ■ walking ■ resistance training—back and arms 	1.5		1.0
Total Time at Each Intensity Level		1.5 hours	3.0 hours	6.0 hours
Total Time at All Levels (add the times for Light, Moderate, and Vigorous)		10.5 hours		

Practice Physical Activity Log (Grade 11)

Name _____

Date	Activity Description	Intensity Level and Duration (Hours)		
		Light	Moderate	Vigorous
	■ ■			
	■ ■			
	■ ■			
	■ ■			
	■ ■			
	■ ■			
	■ ■			
Total Time at Each Intensity Level				
Total Time at All Levels (add the times for Light, Moderate, and Vigorous)		Hours		

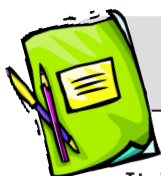
1. Are the above physical activities a part of your regular weekly routine?
2. Are there any other activities you would like to add to your routine?

Planning Your Physical Activity Practicum

To complete an effective Physical Activity Plan, you should identify physical activities that you enjoy, or believe you might enjoy. It is much easier to stick to a plan when it involves activities in which you like to participate. The purpose of the following learning activity is to help you choose your preferred activities.



Remember that your Plan must include activities at a **moderate to vigorous** intensity level, which contribute to the development of cardiorespiratory (heart and lung) endurance.



Learning Activity 1.2: Brainstorming Your Activities

It is time to begin selecting physical activities to include in your practicum.



1. Ask your learning partner to help you brainstorm a list of physical activities that you are currently involved in or would like to participate in, given the opportunity. List these in the chart on the following page. Some activities may fit under more than one heading. A few examples are provided to help you get started.
2. If you cannot think of many physical activities immediately, look over the **Physical Activity Inventory** (see Appendix). This Inventory lists physical activities and their associated health-related fitness components. If you would rather use an Excel version, you can find one online at www.edu.gov.mb.ca/k12/dl/downloads/index.html.
3. Using the **Physical Activity Inventory**, check off which of the four health-related fitness components is associated with your activities:
 - cardiorespiratory endurance
 - muscular strength
 - muscular endurance
 - flexibility

Depending on your plans for the practicum, you may want to select physical activities that exercise only a single component, or a combination of the four components.

Physical activity is defined as "all forms of large-muscle movement, including sports, dance, games, walking, and exercises for fitness and physical well-being. It may also include physical therapy or mobility training for students with special needs" (Manitoba Education, Citizenship and Youth, *Implementation of Grades 11 and 12 Physical Education/Health Education 5*).

continued

Your Preferred Physical Activities

I enjoy participating in, or would consider participating in, the following physical activities on my own and/or with the identified group(s.)

Physical Activities I (Would) Enjoy							
Category of Activity			Health-Related Fitness Component				
	By Myself	With Friends	With Family Members	Cardio-respiratory Endurance	Muscular Strength	Muscular Endurance	Flexibility
			curling			√	√
	resistance training				√	√	√
		basketball		√	√	√	√
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							



Note that many learning activities have answer keys at the end of the respective modules, which you can check after you have answered the questions. The learning activities in Module 1 do not have an answer key because the answers can't be classified as "right" or "wrong." In its place, some sample answers are provided in the previous chart.

Summary

You have now had an opportunity to see what the physical activity practicum will involve, and to think over the activities that interest you. In the next lesson you will ensure that you are prepared for any safety risks in the physical activities you are considering for your practicum.

Notes