

## Student Consent Form (Over age of 18)

### Manitoba Education

A student who is over the age of 18 cannot be registered in the Grade 11 Active Healthy Lifestyles: Physical Education/Health Education (30F) distance learning course unless this form is completed. Please return **the completed** form with the course registration form and payment for the course.

The purpose of this form is to obtain the following:

1. **Consent:** You agree to enrol and participate in this course, which includes the study of potentially sensitive content and participation in selected physical activities. You also indicate your commitment to follow risks and safety guidelines and standards related to your chosen physical activities for this course.
2. **Release:** You agree not to sue for any injury, death, damage, or loss caused by any act or failure to act resulting from your participation in this course.
3. **Indemnification:** You give assurance of protection against claims or liabilities resulting from any act or failure to act while you are participating in this course.

#### 1. Consent

- I am aware that this course contains sensitive content in Module 5: Substance Use and Abuse Prevention. There are a series of learning activities in this module with no assignments.
- I will consider my mental and physical condition, and the risks and suitability to me of the physical activities I will choose for this course.
- I understand that there is a risk of injury associated with all types of physical activity. I will review the safety guidelines recommended for my chosen physical activities for this course in *Out-of-Class Safety Handbook: A Resource for Grades 9 to 12 Physical Education/Health Education*.
- I understand that the recommended safety guidelines in the resources are minimum standards and that instructors, coaches, and program leaders of my chosen physical activities may impose more stringent safety standards. I also understand that I will be required to demonstrate the specific safety outcomes of my chosen physical activities for this course.
- I will ensure, to the extent reasonably possible, that the facilities, the equipment, and the level of instruction and/or supervision to be used for my chosen activities meet the safety standards recommended in the resources for my chosen physical activities for this course.
- I will abide by the safety guidelines recommended in the resources for my chosen physical activities for this course and any other more stringent safety standards imposed by instructors, coaches, or program leaders while I am participating in my chosen physical activities for this course to ensure, to the extent reasonably possible, that no one is injured and no property is damaged or lost as a result of my participation in this course.

#### 2. Release

- In consideration for being permitted to enrol and participate in this course, I release and agree not to sue Manitoba Education for any injury (or death) or damage to or loss of property sustained by me, whether such injury, death, damage, or loss is partly or fully caused by any act or failure to act (including, without limitation, negligence), resulting from my participation in this course. This includes its officers, employees, or agents and, if I attend school, the school division/district, its officers, employees, or agents. I also agree that this release and agreement not to sue will bind my heirs, executors, administrators, and assigns.

#### 3. Indemnification

- I will indemnify and save harmless Manitoba Education its officers, employees, or agents and, if I attend school, the school division/district, its officers, employees, or agents, from any and all claims, liabilities, and demands of any kind which may be brought against them and for which it/they may become liable by reason of any injury (or death) or damage to or loss of property resulting from any act or failure to act (including, without limitation, negligence) by me while I am participating in this course.

I have read, understand, and agree with the above statements.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

## Safety Guidelines for Physical Activity in Manitoba Schools

Safety is paramount when participating in any physical activity. You will need to consider the nature and risk level of the physical activity (e.g., skateboarding, swimming) in determining whether the physical activity is suited to you and, if so, the level of supervision required. Taking responsibility for your safety is a very important part of this course. Always think **safety first**. You can use the following checklist before participating in any physical activity:

- 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 conditions 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 to be used suitable and in good condition?
- Is the facility or playing area to be used by you safe?
- Will appropriate instruction and/or supervision be provided to you in light of the danger or risk associated with the physical activity?
- Have you discussed your choice of physical activities with your tutor/marker for this course?

## Resources

- For a copy of *Out-of-Class Safety Handbook: A Resource for Grades 9 to 12 Physical Education/Health Education* (2008), go to [www.edu.gov.mb.ca/k12/dl/downloads/](http://www.edu.gov.mb.ca/k12/dl/downloads/). If you do not have access to the Internet, contact the Independent Study Option at 1-800-465-9915 and request a print copy.

## Student Information (to be completed by parent)

\_\_\_\_\_  
Student's Legal Last Name

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Middle Initial

\_\_\_\_\_  
Address City/Town Postal Code

\_\_\_\_\_  
List any medical conditions that may affect your ability to take part in physical activities (e.g., diabetes, asthma, etc.).

## Notice about Collection of Personal Health Information

I understand that the School Programs Division, Instruction, Curriculum and Assessment Branch, Distance Learning Unit (School Programs Division) is collecting the above-mentioned personal health information from me and the school that I attend (if I attend school) for the purpose of delivering the Grade 11 Active Healthy Lifestyles: Physical Education/Health Education (30F) distance learning course to me, and I understand that the personal information is being collected under the authority of subsection 13(1) of *The Personal Health Information Act* of Manitoba. I also understand that the personal health information about me being collected by the School Programs Division is protected by *The Personal Health Information Act*. If I have any questions about the collection of my personal health information by the School Programs Division, I should contact the Distance Learning Unit Coordinator, 555 Main Street, Winkler MB R6W 1C4 (toll-free: 1-800-465-9915).

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

# Grade 11 Active Healthy Lifestyles: Physical Education/Health Education

- This course requires a **minimum of four months to complete** due to the written assignments/exam and 83 hours of physical activity (approximately eight hours/week) that must be logged into the approved physical activity plan.
  - *If you require this credit to graduate in June of this school year, you must register no later than January 10<sup>th</sup> in order to complete the credit.*
- You can only be registered in one Physical Education/Health Education course at a time.

## Module 1 – Assignment 1.2

This assignment **REQUIRES** a mandatory phone conversation with your tutor marker to discuss and approve the physical activity plan. The plan will guide you in completing the required 83 hours of physical activity. Hours will not be accepted if this phone conversation has not occurred. The Physical activity logs/plans must be completed during the period of enrollment and after the phone conversation has occurred.

## Final Mark

You will receive either a **Complete** or **Incomplete** designation. In order to earn a credit for this course, you will need to earn a **Complete** designation. The following criteria will determine if one obtains a **Complete** designation:

1. Complete at least 83 hours of physical activity, including at least 55 hours in the moderate to vigorous range.
2. Record your 83 hours of physical activity in your Physical Activity Logs.
3. Earn at least 40% on your final exam.
4. Complete all of the assignments so that they meet the established criteria. Those criteria are listed in each assignment.

## Assignment Re-do's

In order to earn a credit, **ALL** assignments/modules must have a final mark of **COMPLETE**. Students are allowed three (3) attempts to earn the mark of **COMPLETE**. Please review the following example:

1. You register in the course September 15<sup>th</sup>. You submit Module 1 on October 15<sup>th</sup>.after speaking with the tutor/marker and having the activity plan approved. The Module is assessed as Redo, and feedback is provided by the tutor/marker on what needs to be completed/redone.
2. You resubmit Module 1 on November 5<sup>th</sup>. The tutor/marker can assess the work as REDO, and return it for one more attempt, or as COMPLETE if all criteria has been met.
3. If the assignment was returned as REDO a second time, then you have one more final opportunity to incorporate the feedback and directions provided by the tutor/marker to earn the COMPLETE designation. The third and final time that the module is submitted the tutor/marker will assess it as either COMPLETE or INCOMPLETE. Assignments/Modules assessed with a final mark of INCOMPLETE after three attempts will result in an overall final mark of INCOMPLETE and credit will not be issued.

**If the module is submitted a fourth time, it will be returned unassessed with a comment to contact the Distance Learning Unit to discuss options.**

