

## Education

Instruction, Curriculum and Assessment Branch  
 Distance Learning Unit  
 555 Main Street, Winkler, MB R6W 1C4  
 T 204-325-1700 or 1-800-465-9915 F 204-325-1719  
 www.edu.gov.mb.ca/k12

## RECORD OF PROGRESS GRADE 12 ACTIVE HEALTHY LIFESTYLES (40F)

Name _____			
School _____			
	TARGET DATE FOR COMPLETION	ACTUAL DATE OF COMPLETION	MARK
<b>Mod 1</b>			
1.1	Creating a Risk-Management Plan		/C
1.2	Finalizing Your Physical Activity Plan		/C
<b>Mod 2</b>			
2.1	Module 2 Physical Activity Log		/C
2.2	Evaluating Fitness Equipment or a Fitness Centre		/C
<b>Mod 3 &amp; Mod 4</b>			
3.1	Module 3 Physical Activity Log		/C
3.2	What's Bugging You?		/C
3.3	Food Safety Errors: Case Studies		/C
4.1	Examining Characteristics of Effective Teams		/C
4.2	Characteristics of Effective Team Leaders		/C
<b>Mod 5</b>			
5.1	Physical Activity Log		/C
5.2	Healthy and Unhealthy Relationships		/C
5.3	Relationship Problem Solving		/C
5.4	Community Supports and Services		/C
<b>Final Exam</b>			<b>/100</b>
<b>Final Grade</b>		<b>Date</b>	<b>/C</b>

## EVALUATION GUIDE

Students 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:

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