## CONTENTS

Acknowledgements	vii
Introduction	1
Purpose	1
Background	1
Document Content and Organization	3
Overview of Grade 12 Active Healthy Lifestyles	7
Framework Overview	9
Key Characteristics from the Framework Reinforced in Grade 12	9
Policy for Implementing Grades 11 and 12 Physical Education/ Health Education	12
Planning for Implementation	21
Guiding Principles	21
Guidelines for Implementation	22
Specific Learning Outcomes	32
Grade 12 Active Healthy Lifestyles – Specific Learning Outcomes	32
Physical Activity Practicum	33
Core Component	34
Implementation Overview	37
Grades 11 and 12 Philosophy for Effective Programming	37
Connections between the General Learning Outcomes and the Modules	38
Planning for Instruction	43
Planning Guidelines and Tools	43
Active Learning Strategies	43
Assessment and Reporting	45
Purposes of Assessment	46
Determining Course Completion	49

<b>lodules for Physical Activity Practicum and Core Component</b>	59			
Introduction	61			
Guide to Reading the Modules and Lessons				
List of Resource Masters	65			
Module A: Physical Activity Practicum	67			
Specific Learning Outcomes	68			
Introduction	69			
Lesson 1: Personal Physical Activity Inventory	71			
Lesson 2: Safety and Risk-Management Planning	77			
Lesson 3: Implementing the Physical Activity Plan	83			
Module B: Fitness Management	87			
Specific Learning Outcomes	88			
Introduction	89			
Lesson 1: Making and Continuing Change: A Personal Investment	91			
Lesson 2: Health and Fitness Trends	99			
Lesson 3: Exercise and Fitness Myths and Misconceptions	103			
Lesson 4: Health and Fitness Advertising	107			
Lesson 5: Becoming an Informed Fitness Consumer	111			
Module C: Nutrition	121			
Specific Learning Outcomes	122			
Introduction	123			
Lesson 1: Energy Intake	125			
Lesson 2: Energy Expenditure	131			
Lesson 3: Energy Balance	143			
Lesson 4: Food Safety	153			
Lesson 5: Advertising and Marketing Strategy Influences on Food Purchases	161			
Lesson 6: Food and Nutrition Myths and Misconceptions Related to Physical Activity and Sport Performance	169			
Module D: Personal and Social Development	173			
Specific Learning Outcomes	174			
Introduction	175			
Lesson 1: Effective Teams	177			
Lesson 2: Team-Building and Communication Skills	187			
Lesson 3: Leadership Skills	195			

Module E: Healthy Relationships	207					
Specific Learning Outcomes						
Introduction						
Lesson 1: Understanding Healthy Relationships Lesson 2: Rights and Responsibilities of Healthy Relationships Lesson 3: Unhealthy and Abusive Relationships						
					Lesson 4: Community Supports and Services	235
					Resource Masters	241
Module A	243					
Module B	271					
Module C	297					
Module D	343					
Module E	355					
Appendices	369					
Appendix A: Curriculum Map for Grade 11 and Grade 12 Active Healthy Lifestyles	371					
Appendix B: Grade 12 Active Healthy Lifestyles Curriculum Matrix	373					
Appendix C: Specific Learning Outcomes for Grade 12 Active Healthy Lifestyles	377					
Appendix D: Planning Guidelines for Physical Education/Health Education	381					
Appendix E: Active Learning Strategies	397					
Appendix F: Sample Assessment Tools and Checklists	405					
Appendix G: Common Planning Tools and Forms	415					
Bibliography	427					

Contents ■ V