

APPENDIX C: SPECIFIC LEARNING OUTCOMES FOR GRADE 12 ACTIVE HEALTHY LIFESTYLES

Physical Activity Practicum Component

Module A: Physical Activity Practicum (PA)

- 12.PA.1** Demonstrate appropriate critical thinking, planning, and decision-making skills in the development and implementation of a personal physical activity plan that is safe and ethical and contributes to personal health and fitness goals.
 - 12.PA.2** Demonstrate understanding of the risk-management process and responsibilities related to physical activity participation.
 - 12.PA.3** Demonstrate the ability to access and use information for making informed decisions about safety and risk management related to physical activity participation.
Includes: level of instruction, level of supervision, facilities/environment, equipment, clothing/footwear, and personal and other considerations
 - 12.PA.4** Apply movement skills and concepts in a variety of selected physical activities that meet the goals of a personal physical activity plan.
 - 12.PA.5** Participate in physical activities at a moderate to vigorous intensity level.
 - 12.PA.6** Record and report the frequency, intensity, time, and type of the physical activities, as indicated in the personal physical activity plan.
 - 12.PA.7** Reflect on physical and emotional responses to and influences on physical activity participation.
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Core Component

Module B: Fitness Management (FM)

- 12.FM.1** Examine the goal-setting process as a means of improving physical fitness and/or health behaviours.
- 12.FM.2** Identify, implement, and revise personal goals for healthy lifestyle practices, including physical activity participation.
- 12.FM.3** Examine current trends in health and fitness.
- 12.FM.4** Demonstrate understanding of fitness myths and misconceptions and how they are used in advertising.

- 12.FM.5** Examine the methods advertisers use to promote and sell exercise, fitness, and health products and services.
 - 12.FM.6** Examine influences on the decisions that fitness consumers make related to fitness products and services.
 - 12.FM.7** Analyze key factors to be considered when purchasing fitness products and/or services.
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Module C: Nutrition (NU)

- 12.NU.1** Demonstrate understanding of the difference between a portion of food and a Food Guide Serving.
 - 12.NU.2** Evaluate personal food intake using *Eating Well with Canada's Food Guide*.
 - 12.NU.3** Demonstrate understanding of the relationship between the energy spent in physical activity and healthy weight.
 - 12.NU.4** Demonstrate the ability to estimate daily energy expenditure by analyzing personal physical activity participation.
 - 12.NU.5** Explain factors that contribute to energy balance and healthy weight.
 - 12.NU.6** Examine the relationship between maintaining healthy weight and the consumption of specific food substances.
Includes: sugar and fat
 - 12.NU.7** Demonstrate strategies for making decisions about food and activity choices that contribute to good health and healthy weight.
 - 12.NU.8** Examine the causes and symptoms of food-borne illness (food poisoning) and demonstrate understanding of ways to minimize the risk of food poisoning.
 - 12.NU.9** Demonstrate understanding of food advertising and marketing strategies and their impact on food purchases.
 - 12.NU.10** Demonstrate understanding of how food and nutrition myths and misconceptions can affect day-to-day physical activity participation and sport performance and overall health.
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Module D: Personal and Social Development (PS)

- 12.PS.1** Demonstrate understanding of the characteristics and development of effective teams.
 - 12.PS.2** Explore and identify the various roles and skills of team members in building effective teams.
 - 12.PS.3** Examine the characteristics of effective team leaders and their impact on team development.
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Module E: Healthy Relationships (HR)

- 12.HR.1** Demonstrate understanding of the characteristics of healthy and unhealthy relationships, and discuss factors that might influence their development.
- 12.HR.2** Demonstrate understanding of effective communication within a relationship and the potential impact of technology on communication within a relationship.
- 12.HR.3** Examine rights and responsibilities of individuals in relationships, and explore how respecting these rights and responsibilities may affect the development of relationships.
- 12.HR.4** Apply problem-solving and decision-making strategies to identify and prevent the development of abusive relationships and/or to end unwanted relationships.
- 12.HR.5** Apply problem-solving and decision-making strategies to recognize unhealthy relationships, and identify community supports and services to assist in the healthy resolution of relationship issues.

