

APPENDIX C: SPECIFIC LEARNING OUTCOMES FOR GRADE 11 ACTIVE HEALTHY LIFESTYLES

Physical Activity Practicum Component

Module A: Physical Activity Practicum (PA)

- 11.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 health-related fitness goals.
- 11.PA.2** Demonstrate an understanding of the risk-management process and responsibilities related to physical activity participation.
- 11.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
- 11.PA.4** Apply movement skills and concepts in selected physical activities that meet the goals of a personal physical activity plan.
- 11.PA.5** Participate in physical activities at a moderate to vigorous intensity level.
- 11.PA.6** Record and report the frequency, intensity, time, and type of the physical activities, as indicated in the personal physical activity plan, and reflect on physical activity participation.
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Core Component

Module B: Fitness Management (FM)

- 11.FM.1** Evaluate the benefits of selected types of physical activities in the development of fitness and in the prevention of disease at various stages of life.
Examples: relationship between aerobic activity and cardiovascular disease, breast cancer, type 2 diabetes, mental health; relationship between weight-bearing activities and osteoporosis
- 11.FM.2** Examine factors that have an impact on the development and implementation of and adherence to a personal physical activity plan.
Examples: motivation, barriers, changing lifestyle, values and attitudes, social benefits, finances, medical conditions, incentives, readiness for change
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- 11.FM.3** Examine and evaluate factors that affect fitness and activity choices.
Examples: intrinsic and extrinsic motivation, personal interests, personal health, family history, environment, finances, culture, level of risk
- 11.FM.4** Demonstrate an understanding of the concepts and principles related to the development and implementation of a personal physical activity plan.
Examples: cardiorespiratory endurance/aerobic fitness, musculoskeletal fitness, training principles, FITT (frequency, intensity, time, type) principle
- 11.FM.5** Design, implement, evaluate, and revise an exercise routine that contributes to the health-related fitness components.
Examples: resistance training, walking, running programs
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Module C: Mental-Emotional Health (MH)

- 11.MH.1** Identify and apply positive health strategies to deal with issues such as stress, anxiety, depression, and eating disorders.
- 11.MH.2** Examine media influence(s) on self-image and behaviour.
- 11.MH.3** Investigate the impact and importance of active healthy lifestyle practices on mental-emotional health issues.
- 11.MH.4** Examine the signs and symptoms of mental-emotional health issues related to stress, anxiety, depression, and eating disorders.
- 11.MH.5** Identify community service agencies that support individuals concerned about mental-emotional health issues.
- 11.MH.6** Apply problem-solving and decision-making strategies in case scenarios related to selected mental-emotional health issues.
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Module D: Social Impact of Sport (SI)

- 11.SI.1** Identify the different stages of sport participation and their role in society.
- 11.SI.2** Examine the impact of sport on various social issues.
Examples: ethnic background, gender equity, populations with exceptional needs, politics, technology, business
- 11.SI.3** Analyze sporting behaviours that may be positive and/or negative.
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Module E: Substance Use and Abuse Prevention (SU)

11.SU.1 Explain ways in which drugs and other substances are classified.

11.SU.2 Explain the stages of involvement in substance use or abuse.

Includes: non-involvement, irregular involvement, regular involvement, harmful involvement, and dependent involvement

11.SU.3 Examine factors that influence decisions regarding substance use and abuse.

11.SU.4 Use reliable information in making healthy decisions for helping self and/or others regarding substance use and abuse.

