

# HEALTH & PHYSICAL EDUCATION

## Grade 9 & 10

PPL1O1/2O1  
Healthy Active  
Living- Boys/Girls  
Grade 9/10 Open

PAQ1/2O1  
Swimming- Co-ed  
Grade 9/10 Open

PAI2O1  
Community  
Fitness- Co-ed  
Grade 10 Open

PAF2O1  
Live Fit: Personal  
Fitness - Girls  
Grade 10 Open

## Grade 11 & 12

PPL3O1/4O1  
Healthy Active  
Living- Co-ed  
Grade 11/12 Open

PAQ3/4O1  
Swimming- Co-ed  
Grade 11/12 Open

PAI3O1/4O1  
Community  
Fitness- Co-ed  
Grade 11/12 Open

PAL3O1/4O1  
Competitive  
Games Co-ed  
Grade 11/12 Open

IDC3O1L/4O1L  
Leadership Co-ed  
Grade 11/12 Open

PAF3O1/4O1  
Weight Fit-  
Co-ed/Girls  
Grade 11/12 Open

PLF4M1  
Recreation & Fitness  
Leadership- Co-ed  
Grade 12 College

PSK4U1\*  
Exercise Science  
Grade 12 University

\*PSK4U1 *Recommended*  
*Prerequisite: SB13U*

Offered Alternate Years

\*\*PSK4U1 is offered 2021-2022

## Hockey Canada Skills Academy



PAL1O/2O1H  
Hockey- Co-ed  
Grade 9/10 Open

IDC3O/4O1H  
Hockey- Co-ed  
Grade 11/12 Open



## HEALTH & PHYSICAL EDUCATION

# Specialist High Skills Major Sports Performance

### What will students in the sports major study?

A bundle of Grade 11 and Grade 12 courses in which students earn:

- ⇒ Four sports major credits providing skills and knowledge in the sector
- ⇒ Credits tailored to include units focused on sports
- ⇒ Two COOP credits to gain workplace experience that enable students to refine, extend and practice sector-specific knowledge and skills
- ⇒ Experiential learning, career exploration and reach ahead activities
- ⇒ Certifications and training programs/courses in first aid, CPR and leadership
- ⇒ Essential skills and work habits required in the sector

### What are the future career paths for sports majors?

For sports majors, possible careers include:

- Apprenticeship – event planner
- College – sport conditioning, fitness & health, recreation therapy
- University – kinesiology, sports administration, athletic therapy
- Entry level workplace – personal trainer, coach, sports instructor

