

Lambton Kent Composite School

J. Keane, Principal



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Course: Recreation and Healthy Active Living Leadership **Course Code:** PLF 4M **Grade:** 12
Course Type: University/College Prep **Credit Value:** 1
Curriculum Document: *Health and Physical Education, Grades 9-12, 2015*
Textbook: Recreation and Fitness Leadership **Teacher:** D. Kominek
Prerequisite: Any health and physical education course

Course Description:

This course enables students to explore the benefits of lifelong participation in active recreation and healthy leisure and to develop the leadership and coordinating skills needed to plan, organize, and safely implement recreational events and other activities related to healthy, active living. Students will also learn how to promote the benefits of healthy, active living to others through mentoring and assisting them in making informed decisions that enhance their well-being. The course will prepare students for university programs in physical education and health and kinesiology and for college and university programs in recreation and leisure management, fitness and health promotion, and fitness leadership.

Required Materials:

For classes in the gym, students are expected to come to class every day prepared with:

Gym shirt Gym Shorts Running Shoes

For classes in the classroom, students are expected to come to class every day prepared with:

3-Ring Binder Paper Pens/Pencils

Units of Study:

1. Leadership
2. Facilitation of Recreation and Leisure
3. Mentoring Development

Evaluation: A student's final grade in the course will be determined as follows:

70 % TERM MARK A student's term mark will include a variety of evaluations such as daily in-class evaluations, tests, quizzes, assignments and presentations and will be marked according to the following weightings.

Knowledge and Understanding	20%	Application	45%
Communication	25%	Thinking and Inquiry	10%

30 % SUMMATIVE EVALUATION The summative evaluation will be in the form of a final exam and culminating activities.

Late Assignment Policy:

Students are expected to submit all assignments within the time frame specified. While teachers will consider extenuating circumstances, late students are subject to mark deductions. If an assignment is late, a penalty of 10% per school day will be deducted, up to a maximum of 50%. Once assignments have been returned to the class, late submissions may receive a mark of **zero**.

Student Expectations: In order to be successful in PLF 4M all students must:

1. Attend class every day:

If you are absent it is YOUR responsibility to obtain notes from a classmate, catch up on missed work, find out about any upcoming evaluations, and see the teacher if you need assistance.

2. Arrive to class prepared to work physically and mentally:

Class time is precious and will not be wasted going to your locker or to the washroom. Make sure you bring the required materials, use the washroom during breaks and are in your seat ready to work when the bell rings.

3. Complete and check all homework:

Homework and assignments are crucial to your success in recreation and fitness leadership because they help to solidify and check your understanding of the topic. Homework and assignments should be completed on the day they are assigned and will be checked, taken up or discussed in class. If you have difficulty with the homework extra help is always available but YOU have to ASK.

4. Make arrangements for any missed tests/quizzes.

If you know you are going to be away on the day of a test (sport/club etc) make sure you make arrangements with the teacher to write the test at an alternate time. For unexpected absences, see the teacher BEFORE CLASS on the day you are back at school. Tests or quizzes missed due to TRUANCY will result in a mark of ZERO.

5. Be Responsible:

This course will give you plenty of opportunity to work and practice your leadership skills in a variety of contexts. Student may not always be in direct supervision of the teacher. They are expected to use good judgment in all situations.

I understand the above expectations and I am ready to be successful in Physical Education:

STUDENTS SIGNATURE

PARENT'S SIGNATURE

