

Eastern School District
COURSE DESCRIPTOR
September 2006

Subject Area: Physical Education

Course: Healthy Living 1200

Level of Instruction: Senior High

Authorized Learning Resources:

- Healthy Living 1200 *A Curriculum Guide*, 2002
- LIFECHOICES: *Healthy and Well*, Student Resource. Prentice Hall Ginn
- LIFECHOICES: *Healthy and Well*, Teacher Resource Prentice Hall Ginn
- *Concepts of Physical Fitness with Laboratories*, Brown and Benchmark Publishers
- *Money Smarts Learning Resource*, Women's Policy Office
- *Newfoundland Heart Health Leadership Manuel* and Video, Newfoundland Heart Health Project, Department of Health and Community Services
- *Smoking Sucks Ad Campaign Resource*, Alliance for the Control of Tobacco (ACT) and Department of Health and Community Services

Recommended Learning Resources:

- *Kick the Nic*, Stop Smoking Program (Free), see Curriculum Guide page 109
- *Drawing the Line: A Resource for the Prevention of Problem Gambling Volume II Senior High*, Problem Gambling Services, Drug Dependency, Nova Scotia Department of Education and Culture
- *Choices and Decisions: Taking Charge of Your Financial Life*, Teacher's Guide, student Materials and Interactive CD-ROM, VISA Canada, available from CIRA/ACLI (Canadian Intramural Recreation Association/Association Canadienne Loisirs Intramuros)

Internet Resources:

- See Healthy Living 1200 *A Curriculum Guide*, 2002, Pages 107 - 109

Curriculum Overview:

- Healthy Living 1200 is one of the suite of senior high school physical education courses in which students can enroll to meet the new senior high graduation requirements of two mandatory credits in physical education.
- Healthy Living 1200 is a physical education course that incorporates a multi-disciplinary approach to fostering lifelong health with components in ***Physical Activity, Healthy Eating, Controlling Substances*** and ***Personal Dynamics***. The four components of the healthy living course directly address key elements essential to leading a healthy life.

- Healthy Living 1200 is a physical education course that encompasses all that increases the awareness and practice of healthy practices in youth with a particular emphasis on physical activity, healthy eating and mental health.
- Healthy Living 1200 course has a pronounced emphasis on physical activity and healthy eating. The physical activity component is the strongest of the four components.
- Healthy Living 1200 provides opportunities for students to gain experience in physical activities at a level of engagement that addresses their needs; all students' needs should be addressed.
- The interrelation and links among physical activity, healthy eating, using substances and responding to stress are addressed throughout the course.
- The course demonstrates the linkages and the value of incorporating all elements of healthy living into daily practice.

Weighting of the Evaluation Components:

While the intention is to involve movement in as much of the course as possible the units will be weighted in the following manner for evaluation purposes.

Active Living	40%
Healthy Eating	20%
Controlling Substances	20%
Personal Dynamics	20%