



Active Living 12

COURSE OUTLINE

This is a self-paced course with an emphasis on health and well-being, safety, leadership, along with participation in a variety of physical activities. Students will demonstrate completion of activities that enhance their overall health and fitness in a variety of environments. In addition, students will learn about proper nutritional habits, proper hydration level, stress management and the importance of sleep. Students will establish goals for themselves for each of the two phases of the course. Documented hours, activity plans, self-assessment and reflections will be completed following each documented activity. Students will complete a final reflection paper at the end of the course to earn credit. The course is designed to be completed within a 12 - 24 week time period with course activation within the first **15 days** of registration.

EVALUATION (GRADE DISTRIBUTION)

Action Plan 1 - Goal Setting (Activation Assignment) + Documented Hours + Activity Plan + Reflection + Self-Assessment -	40%
Action Plan 2 - Goal Setting + Documented Hours + Activity Plan + Reflection + Self- Assessment -	40%
Nutrition, Hydration, Stress Management and Sleep Diaries + Reflections – 10 @ 1% each	10%
Final Reflection Paper –	10%

- Each Action Plan Phase will require 38 hours (minimum of 30 hours) of documented physical activity to meet the criteria.
- Each Action Plan Phase will last 6 - 12 weeks based on the student’s individualized goals.
- Goal Setting documents and Activity Plans are required for each phase.
- Each Activity Plan will require a daily workout, self-assessment and reflection.
- An updated mark will be provided at the end of each submitted Action Plan Phase.
- **This course requires a minimum of 60 hours to be supervised/documentated to earn credit.**

[PHE 12 Active Living Elaborations \(gov.bc.ca\)](http://gov.bc.ca)

*** Any questions regarding the course or course content can be sent via email to:**

Teacher: Wally Sawchuk

E-mail: wsawchuk@sd43.bc.ca

Office Hours: Mondays and Wednesdays from 4:30pm – 9:00pm

In person appointments are available by calling 604-945-4211