

PE12 Course Outline

Unit One: Physical Activity

- 1 Physical activity goal
- 2 Daily physical activity log (minimum 30 minutes 5 times a week)
- 3 Monthly wellness journal
- 4 Monthly self-assessment

Unit Two: Health and Well-Being

- 1 The role of nutrition and how it can affect health and performance
- 2 Potential short and long-term consequences of health decisions
- 3 Benefits of physical activities for health and mental well-being

Unit Three: Safety

- 4 Physical activity safety and etiquette
- 5 Injury prevention and management

Unit Four: Participation

- 6 Proper physical movement patterns, including non-locomotor, locomotor, and manipulative skills
 - 7 Ways to monitor and adjust physical exertion levels
 - 8 Rules and guidelines for different types of sport and activities
 - 9 Recreational resources available in the community
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Assignment #1: The role of nutrition and how it can affect health and performance

Research what foods are good to eat post workout and why. Be sure to differentiate which foods are good for which type of exercises (for example is there a difference between what foods you should eat after a weight lifting workout versus a cardio workout?). I'd like this assignment to be designed as a flyer or pamphlet, something that would be easily handed out to clients.

Assignment #2: Potential short and long-term consequences of health decisions

Research the link between depression and fitness. Research paper 3 pages typed doubled spaced, plus a bibliography.

Assignment #3: Benefits of physical activities for health and mental well-being

Record your lifestyle habits for one week, including: physical activity, sleep, food intake, water intake and mental health. Then compare your actual lifestyle habits to your ideal, what areas are you excelling in? What areas need improvement? There is an additional handout for this assignment.

Assignment #4: Physical activity safety and etiquette

Select a **FOUR** sports injuries (for example: tennis elbow), outline how each injury is caused (for example: repetitive motion and strain on the muscles and tendons in the forearm), what can be done to prevent the injury and how the injury is treated. Ideally you will select four injuries from the same sport.

Assignment #5: Injury prevention and management

Select a sport that requires an individual to wear safety equipment (such as hockey). List all of the safety equipment pieces, what it is made of and describe what the equipment does in injury prevention.

For example. Hockey helmets are made of a special type of foam called vinyl nitrile, that when impacted disperses the force more evenly, which helps reduce the risk of concussion.

Assignment #6: Proper physical movement patterns, including non-locomotor, locomotor, and manipulative skills

Find a workout video online that includes non-locomotor, locomotor and manipulative skills. You may find three short workout videos (minimum 5 minutes) or one video that covers all the skills (minimum 15 minutes). Be sure to provide the video URL(s) in your assignment. Identify each of the exercises in the video(s) as either non-locomotor, locomotor or manipulative skills, then describe what each exercise is targeted at.

Assignment #7: Ways to monitor and adjust physical exertion levels

Review handout 'Cardiosmart's Exercise: Measuring intensity', you can also view CardioSmart.org website. Create a video (or photo series) of exercises that would be good for the following individuals:

- 50 year old male at risk of stroke
- 35 year old obese female who wants to lose weight
- 60 year old male after a heart attack
- 20 year old average weight who wants to improve cardiovascular endurance

Assignment #8: Rules and guidelines for different types of sports and activities

The website <http://www.rulesofsport.com/> has a comprehensive list of sport rules. Go to this website, select a sport and based on the information from this website create a 20 question multiple choice test including answer key for the given sport.

Assignment #9: Recreational resources available in the community

Create a "Yellowpages" of all the businesses, and community groups