

# Physical Health & Education 10

## Course Outline

### Description

The Physical and Health Education (PHE) curriculum aims to empower students to develop a personalized understanding of what healthy living means. Physical and Health Education (PHE) is designed to develop educated citizens who have the knowledge, skills, and understandings they need to be safe, active, and healthy citizens throughout their lives.

### Big Ideas

Understanding our strengths, weaknesses, and personal preferences helps us plan and achieve our [goals](#).

Trying a variety of [physical activities](#) can increase the likelihood that we will be active throughout our lives.

Healthy [choices](#) influence, and are influenced by, our physical, emotional, and mental well-being.

Personal [fitness](#) can be maintained and improved through regular participation in physical activities.

### Modules:

#### Module 0 – Activity Logs

There are 4 logs to cover 10 hours of activity each. You must form a plan and email it to the teacher before beginning. You can complete these hours while working on Modules 1 & 2.

#### Module 1 – Active Living

This module contains on readings and exercises on the following topics: nutrition, activity programs, warmups, First Aid, your body, community programs, and choices

#### Module 2 – Personal and Social Responsibility

This module contains on readings and exercises on the following topics: safety, self-confidence, cooperation, etiquette and fair play, and respect

### Required resources

Access to a computer and Internet access is required as there are various readings, videos, animations, simulations and links in the course. All of the materials are online and there is NO textbook.

The curriculum for this course can be found by visiting the Ministry of Education's website: <https://curriculum.gov.bc.ca/curriculum/physical-health-education/10/core>

### Assessment Strategies

This course involves **exercises in Units 1 and 2** that will encompass 50% of your mark for this course. **You can only see Unit 1 but Unit 2 will appear when you complete Unit 1.** The other 50% will be from your submission of **activity logs in Unit 0** of this course.

### Need help?

You may get help in person in one of our Learning Centres, **Columbia Square OR NWSS Rm 3039**, by making an appointment. Contact your course instructor for more information.