



# Westside Secondary School

Orangeville, Ontario, Canada

519-938-9355

[www.ugdsb.on.ca/westside](http://www.ugdsb.on.ca/westside)

<b>Course: Introductory Kinesiology</b>	<b>Grade 12 University Prep</b>	<b>Course Code: PSK 4U</b>
<b>Teacher:</b> Mr. Bosomworth - <a href="mailto:jordan.bosomworth@ugdsb.on.ca">jordan.bosomworth@ugdsb.on.ca</a>		
<b>Program Leader:</b> Ms. Lloyd - <a href="mailto:kathryn.lloyd@ugdsb.on.ca">kathryn.lloyd@ugdsb.on.ca</a>		

**Course Description:** This course focuses on the study of human movement and of systems, factors, and principles involved in human development. Students will learn about the effects of physical activity on health and performance, the evolution of physical activity and sport, and the physiological, psychological, and social factors that influence an individual's participation in physical activity and sport. The course prepares students for university programs in physical education and health, kinesiology, health sciences, health studies, recreation, and sports administration.

**Potential Enhancement Opportunity Fees (\$0 - \$50):** All students will have the opportunity to demonstrate course expectations and attain the course credit with no financial cost. Some courses may provide enhancement opportunities for students to extend their learning and enrich their experience. These potential enhancements will incur a cost which the student will be expected to pay. The enhancement fee for this course will be outlined once the teacher has determined class interest. This fee could include, but is not limited to the following enhancement(s):

- Workbook, Athletic Taping Lab,

Financial assistance may be provided to support a student due to financial hardship or circumstance. Please speak with your teacher directly or ask your parent or guardian to contact a member of the administrative team.

**Big Ideas** (overall learning outcomes for the course):

1. Students will understand the structure and function of the human body and the social and scientific principles that relate to human performance.
2. Students will appreciate how the role of sport and physical human performance influence their lives.
3. Students will enhance their problem solving skills and use them to investigate real life issues related to sport and human performance.

**Overall Curriculum Expectations:**

**Physical Activity and Sport in Society**  
*By the end of this course, students will:*  
A1. demonstrate an understanding of how the social and cultural significance of physical activity and sport has evolved historically, and analyse current social issues relating to physical activity and sport; A2. demonstrate an understanding of the individual and social benefits of participation in physical activity and sport and the factors that enable and constrain participation.

**The Basis of Movement**  
*By the end of this course, students will*  
B1. describe the structure and function of major body systems involved in human movement, and demonstrate an understanding of related anatomical and physiological concepts and theories;  
B2. demonstrate an understanding of and assess factors that affect performance during human movement.

**Biomechanics and Motor Development**  
*By the end of this course, students will:*  
C1. demonstrate an understanding of the phases of movement and of physical laws and biomechanical principles related to improving movement;  
C2. demonstrate an understanding of human growth and motor development, and apply it to the design of age-appropriate movement activities and to the enhancement of movement skills.



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**Instructional Strategies:** Westside teaching staff will use a variety of instructional strategies to help students develop and improve skills in the following areas: character, citizenship, communication, critical thinking and problem solving, collaboration and teamwork, and creativity and imagination.

**Assessment and Evaluation:**

Formative assessments are used to improve student learning by providing varied opportunities to demonstrate an understanding of course expectations in preparation for summative evaluations. Summative evaluations test groups of key expectations. Failure to complete a summative evaluation may result in the expectations of the course not being met and the credit not being granted.

More details about Westside’s Assessment and Evaluation Policy is available at:

<http://www.ugdsb.ca/westside/wp-content/uploads/sites/74/2016/12/Westside-Assessment.pdf>

<p><b>Achievement Categories:</b> Student learning is assessed and evaluated with respect to the following four categories of knowledge and skills.</p>	<p><b>Knowledge and Understanding: 25%</b> <b>Thinking: 25%</b> <b>Communication: 25%</b> <b>Application: 25%</b></p>
<b>Term Work</b>	<b>(70%)</b>
Skeletal System	Unit Test
Muscle Anatomy	Unit Test
Biomechanics	Case Study Assessment
Physiology	Unit Test
Sports Ethics	Debate Assessment
Observation/Conversation	Ongoing
<b>Final Summative</b>	<b>(30%)</b>
Taping Exam	Practical Taping Exam
Exam Day	Written Exam