

Courses in Phys. Ed. (HPE)

For students entering grades 10-12

Q. My timetable is so full. Why should I take a Phys. Ed. class?

A. Because taking a Phys. Ed. class allows you to be a better student in your other classes! This is what I mean. . .

- i) A burst of physical activity actually helps prepare your brain for learning!
- ii) Reduced stress.
- iii) Increased production of healthy hormones like endorphins makes you feel better, and can help to reduce symptoms of depression.
- iv) A chance to discuss important health-related concerns (relationships, drugs, mental health, etc.) with your peers.
- v) Helps you to sleep better.

There are so many course codes? Which course should I take??

Q. What if I like activities that mostly involve traditional sports like touch football, ultimate, tennis, futsal and pickleball?

A. Take a course starting in PPL.

Q. What if I really want to focus on my personal well-being, and learn about different ways to stay fit?

A. Take a course starting in PAF.

Q. What if I love to dance, or want to learn about different ways to dance, and move to the music? This is also a great way to stay fit!

A. Take a course starting in PAR.

Q. What if I prefer to be outside? I love to ski, bike and canoe!

A. Take a course starting in PAD.

Q. Can I take more than one HPE class each year?

A. Of course you can! Many students will double-up, for instance taking PPL and PAR, or PAD along with PAF. You can combine any of them.

The sixth character of the course code is explained here:

If it ends in 1, it's French immersion, female.

If it ends in 2, it's French immersion, male.

If it ends in P, it's English, female.

If it ends in Q, it's English, male.

If it's a 5-character code (ie. PAD 3O), it's English, and non-gendered.

Interested in a career in the area of sports, fitness, medicine or exercise?

Try taking

Introductory Kinesiology (PSK 4U) or Sports, Exercise and Health Science (PSK 4UE).

These are survey courses that cover most of the topics that someone studying in this domain would see in their first year of post-secondary studies. This course looks at musculo-skeletal anatomy, exercise physiology, nutrition and energy pathways, biomechanics, skill acquisition, training and exercise, and sports psychology. Ontario students get the bonus of also discussing the history and sociology of sport! There are also lab-based activities.

If you're an IB student looking for a group 4 SL subject to meet your graduation requirements, this is the one for you!!

Prerequisite:

Ontario: Any 3U, 3UE or 3M science, or any grade 11 HPE class.

IB: As above, but SBI 3U/E is preferred, but not necessary.

Any questions? Contact Mr. Lacasse at pat.lacasse@ocdsb.ca