**Stratford Northwestern Secondary School Science Department**

**Course Name: Course Code: Prerequisite:**

**Grade 12 University PSE 4U Any Grade 11 Science or**

**Exercise Science Grade 11 or 12 Phys. Ed.**

**Teacher: Ms. Ruston Email:** **kimbrust@fc.amdsb.ca**

**Classroom/Office: 201 Extra Help: Tues-Fri 8:00am – 8:30am**

 **Mon-Thurs 11:35pam – 12:10pm**

**Course Description: (as per the Ministry of Education, Ontario Curriculum Grades 11 and 12)**

*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 and sports, and the factors that influence an individual’s participation in physical activity. The course prepares students for university programs in physical education, kinesiology, recreation, and sport administration.*

**Textbook:** Exercise Science. Thompson Educational Publishing, Toronto, 2003

**Units of Study: Chapters in Text**

**Unit 1: Anatomy and Physiology 1 to 8**

**Unit 2: Performance and Biomechanics 8 to 16**

**Unit 3: Motor Learning and Development 17 to 22**

**Unit 4: Evolution of Sport 23 to 27**

**Unit 5: Sociology of Sport 28 to 32**

**Assessment of Achievement:**

**Categories: Percentages**

Knowledge/Understanding 40%

Thinking and Inquiry 20%

Communications 20%

Making Connections 20%

**Calculation of Final Mark:**

70% term + 30% final exam = 100%