

ST. JOSEPH CATHOLIC SECONDARY SCHOOL
COURSE OUTLINE



Name of Course: Introduction to Kinesiology, grade 12 (PSK4U):

Course Prerequisite Any Grade 11 university or university/college preparation course in science, or any Grade 11 or 12 course in health and physical education.

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.

Catholic Graduate Expectations:

Exercise Science challenges students to understand the importance of human movement and factors that affect the development of all humans. Students work as interdependent team members to critically assess material and present it to their peers. Students show initiative and leadership in the development of projects and activities for youth. This Course Profile will challenge students to be sensitive to others and accept that each individual is a gift from God with something to offer. Christian beliefs are reinforced as students analyse the relationship of society and culture in sports. In identifying issues in society related to sport, such as violence, cheating, exploitation, and equality, students examine their morals and values as a person formed in Catholic traditions. Students accept accountability for themselves and their actions as they set and achieve goals. Class debates and discussions contribute to the understanding and acceptance of others and of others' ideas and opinions.

Units of Study

Unit 1	Physical Activity and Sport in Society 1A. Social Changes and Current Issues 1B. Participation-Influences and Benefits
Unit 2	The Basis of Movement 2A. Anatomy and Physiology 2B. Human Performance
Unit 3	Biomechanics and Motor Development 1C. The Mechanics of Movement 2C. Growth and Motor Development
Unit 4	
Unit 5	
Unit 6	

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Evaluation

70%	30%
Knowledge/Understanding	Culminating Task and Exam
Thinking/Inquiry	
Communication	
Application	

Course Resources Required:

For a detailed course description of this course, please visit
<https://www.edu.gov.on.ca/eng/curriculum/secondary/subjects.htm>