

Course Descriptions

Burnaby Central

PHYSICAL EDUCATION

Physical Education 8

Physical Education 8 is an opportunity for students to increase their understanding of Physical Education concepts, to increase their ability to perform Physical Education skills, to improve their level of physical fitness and to increase their ability to appreciate and enjoy physical activities. Core activities and topics include: Dance, Basketball, Active Living, Field Sports, Volleyball and Ice-Skating, possible additional selections from Softball, Soccer, Football, Field Hockey, Rugby and Field Lacrosse.

Physical Education 9 & 10

Physical Education 9 and 10 offers students a wide range of sport and recreational activities. Through active participation in physical education, students will develop knowledge, skills, and attitudes necessary to incorporate physical activity into regular routines to live an active, healthy lifestyle. Three themes will be reinforced in junior physical education: personal and social responsibility, movement skills and active living.

Physical Education Leadership 9/10

This course is designed for students who are passionate about leading and promoting physical education events at Burnaby Central. Also, this course allows students to become actively involved in physical education curriculum activities, and provide enriched leadership opportunities in the school and community.

Leadership 9/10

This course is designed for grade 9-10 students who are interested in developing leadership skills. Students will receive instruction in areas such as group process, communication skills, organizational skills, problem solving and decision making. Students are expected to practice what is learned by organizing, implementing and evaluating student-oriented activities

First Aid 9-12

This course was developed for students who wish to learn and practice first aid. During the school year, students will learn the basics of first aid as well as the use of some advance medical equipment. Students will also learn stress management and triage care. All members of the class will be certified in St. John Ambulance Standard First Aid. This certification training will be two full days at the cost of approximately \$60-\$100. This course is taught outside the regular timetable.

Physical Education Leadership 11

This course provides an opportunity for students to develop their physical education leadership skills. Students will learn to develop their leadership skills by serving as teaching assistants, coaching, organizing group activities and coordinating special athletic events within the school. All P.E. Leadership students will be trained in the National Coaching Certification Program Multi-sport Theory Part A.

Weight Training 11/12

Weightlifting 11/12 is focussed towards the student who wishes to make significant gains in all areas of fitness. Each of the five components of fitness will be reinforced: body composition, strength, flexibility, cardiovascular endurance and muscular endurance. However, the main component will be based on strength training. Students who enroll in this course must be willing to commit to a semester long training program. Please note that Weightlifting 11/12 is an application course. Applications can be picked up at the counselling office. **As an option, this course may be offered outside the timetable.**

Leadership 11/12

The course will focus on developing and practicing leadership skills. Emphasis will be on improving and developing decision-making, communication and organizational skills. The class will practice these leadership skills through the planning and management of student activities

Physical Education Leadership 12

This course provides further opportunity for students to develop leadership skills through a variety of experiences.

Physical Education 11 & 12

These two courses are designed to provide students with an opportunity to explore the lifetime value of a variety of team and individual activities. Students will be introduced to available community recreational facilities and services. Physical Education 12 provides a further opportunity explore individual and team activities in greater depth.

Keep Fit 11 & 12

This course offers activities that are well suited to female students in physical education. Students will enjoy activities like aerobics, yoga, dance, self defense, strength training and core fitness. Various community field trips will be planned as a class . The Keep Fit course has been developed to specifically focus on key topics that are pertinent to females in the physical education setting.