



**ÉCOLE SECONDAIRE
WINDSOR SECONDARY SCHOOL**

931 Broadview Drive
North Vancouver, BC V7H 2E9
Telephone: 604-903-3700 Attendance: 604-903-3707
Fax: 604-903-3701



Windsor aspires to be a vibrant learning environment where individuals respect and encourage each other to develop the competencies to thrive in a rapidly changing world.

"We strive to foster engaged, critical thinkers and compassionate, educated citizens."

Kinesiology 11 – Course Outline

Teacher: Ms. Krista Wood
Email: kwood@sd44.ca
MS Teams: Kinesiology 11

Big Ideas

Understanding how our bodies function helps us make connections

Balance forms the basis of healthy relationships

Personal choices impact one's identity

Course Synopsis

Kinesiology is an academic discipline which involves the study of physical activity and its impact on health, society, and quality of life. Students in kinesiology will gain a deep understanding of the human body and how it functions during times of health and illness. This course will provide a foundation for students interested in pursuing exercise science at the post-secondary level involving areas of study as exercise science, athletic training and sports medicine, fitness leadership, and pre-professional training for physical therapy, occupational therapy, medicine and other health related fields.

Goals and Rationale

Kinesiology 11 is a course that can provide a foundation and framework for a student to explore post-secondary opportunities within the field of human kinetics. Students will have the opportunity to expand on previously learned concepts and explore new competencies which will expose them to different ways of knowing as they focus on their own holistic development.

Goals:

- Develop a deeper understanding of the complex interactions taking place within the human musculoskeletal system
- Develop the knowledge and skills required to diagnose, analyze, and treat sport-related injuries
- Gain a deeper understanding of the health related components of fitness and their effects on a population
- Critically analyze personal lifestyle choices related to nutrition and wellness
- Create an in-depth personal profile identifying various factors that may affect overall health and well-being

Curricular Competencies

Students will be expected to do the following:

- Apply the characteristics of living things
- Differentiate and compare the human body systems
- Apply concepts and create links using proper anatomical terminology to terms of position, direction, and movement in the human body
- Connect levels of biological organization to types of body tissues
- Identify components of the skeletal system
- Connect joint articulations with the movements they produce and their location within the body
- Identify and describe how muscles produce movement in different parts of the body
- Create links between structure and function to understand the human musculoskeletal system
- Analyze the mechanism of injury responsible for causing specific sport related injuries
- Understand the diagnosis, treatment, and prevention of sport related injuries
- Analyze and apply the principles of training to fitness activities
- Measure, diagnose, and prescribe fitness to various populations
- Identify and analyze how different types of fitness activities influence the muscular system and the cardiovascular system
- Create and reflect on a personalized fitness program
- Analyze the state of health of a population
- Explore personal nutrient intake requirements and the importance of balance
- Make connections between nutrition choices, stress management, and lifestyle risks to gain a deeper understanding of our personal state of health
- Identify and analyze the relationships between lifestyle patterns and performance in fitness activities
- Differentiate between and identify professional opportunities related to the field of kinesiology

Course Content

Students will be expected to know the following:

Units of Study:

Introduction to kinesiology and anatomical language
Human body systems
Musculoskeletal anatomy
Sports injuries, mechanism of injury, and treatments
Fitness
Nutrition
Professional opportunities within the field of kinesiology

Aboriginal Worldviews and Perspectives

Declaration of First Peoples Principles of Learning:

- Learning supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors
- Learning is holistic, reflexive, reflective, experiential, and relational
- Learning involves recognizing the consequences of one's actions
- Learning involves generational roles and responsibilities
- Learning recognizes the role of indigenous knowledge
- Learning is embedded in memory, history, and story
- Learning involves patience and time
- Learning requires exploration of one's identity
- Learning involves recognizing that some knowledge is sacred and only shared with permission and/or in certain situations

Declaration of Aboriginal Worldviews and Perspectives:

- Balance and relationships
- Holistic learning
- Culture shapes personal identity
- Learning is reciprocal

Assessment and Evaluation

Assessment is the systematic gathering of information related to what students know, are able to do, and understand.

Assessment methods for this course may include:

- Peer assessment
- Self-assessment
- Performance assessment
- Presentations and discussions
- Video projects
- Quizzes and tests

Policies and Procedures

- Students will regularly be given progress reports in class so that they can remain accountable for their own learning and progress in the course
- It is expected that students will demonstrate ethical, responsible, cooperative behavior
- Cheating, plagiarism, and academic dishonesty are not acceptable
- No credit, or additional opportunity for make-up, will be given to students involved in any form of cheating, plagiarism or academic dishonesty

Attendance

- Missing classes for any reason will have an impact on academic success
- As this course is locally developed, there are limited resources outside of the classroom to assist in the completion of work missed due to absences. It is highly recommended that students make every effort to be in class every day
- Students absent from class are responsible for obtaining, coordinating, and completing any missed work