

**Healthy Living 1200
Course Outline
2009-2010**

Textbook: LifeChoices : Healthy and Well

Instructors: Ms. Byrne

Curriculum Overview:

- Healthy Living 1200 is a physical education course that incorporates a multi-disciplinary approach to fostering lifelong health with components in **Physical Activity, Healthy Eating, Controlling Substances** and **Personal Dynamics** . The four components of the healthy living course directly address key elements to leading a healthy life.
- Healthy Living 1200 is a physical education course that encompasses all that increases the awareness and practice of healthy practices in youth with a particular emphasis on physical activity, healthy eating and mental health.
- Healthy Living 1200 course has a pronounced emphasis on physical activity and healthy eating. The physical activity component is the strongest of the four components.
- The interrelation and links among physical activity, healthy eating, using substances and responding to stress are addressed throughout the course.
- The course demonstrates the linkage and the value of incorporating all elements of healthy living into daily practice.

Weighting of the Evaluation Component:

While the intention is to involve movement in as much of the course as possible the units will be weighted in the following manner for evaluation purposes.

Active Living	20%
Healthy Eating	20%
Controlling Substances	20%
Personal Dynamics	10%
Participation	30%