

MCCREARY SCHOOL
COURSE OUTLINE
Exercise Science 40S
GRADE 11/12
Code: 0300/English
One Credit Course
Teacher: Michal Nogaj

The Exercise Science course focuses on the study of human movement as well as 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 sport. This course prepares students for university programs in physical education, kinesiology, health sciences, health studies, recreation, and sports administration.

The Grade 11/12 40S Exercise Science course is based on four areas:

- Anatomy and Physiology
- Society, Physical Activity, and Sport
- Human Performance and Biomechanics
- Nutrition, Training, and Ergogenic Aids

Students will be evaluated on overall class participation, oral and written assignments, oral and written projects, case studies and research, tests and quizzes.

Plagiarism Policy: Plagiarism is defined as “the unauthorized use or close imitation of the language and thoughts of another author and the representation of them as one’s own original work.” Additionally, AI Systems such as Chat GPT and similar AI apps are **STRONGLY FORBIDDEN**, and a usage of such systems will cause student to fail a course immediately.

Therefore, it is very important that when students use other’s ideas in their written work they must include quotations, citations and a works cited (following the MLA or APA format).

Materials Needed:

3-ring binder (1½")
Loose leaf
Duotang/Notebook
Pen, pencil, highlighter

Literature/Textbooks

- “Kinesiology, An Introduction to Exercise Science”
- “Essentials of Strength Training and Conditioning”