

Active Living 12

Learning Outcomes: The activities in this course are based on the core competencies and curricular competencies as provided by the Ministry of Education of BC. The goal of Active Living 12 is to provide students with necessary skills and resources to lead a healthy and active lifestyle well into adulthood.

View the complete Ministry of Education learning outcomes for this course: [Active Living 12](#)

Resources: All resources are provided within the course. Students will need good access to the Internet and will be required to use online tools.

Communication: Assignments and Activity Logbooks are submitted directly through your course using the .docx files. Constant communication with your teacher is key to success in a DL course. Phone or email or message your teacher for help whenever necessary.

Goal Setting: This course has an ongoing and consistent participation component. Students who are struggling to be active on a regular basis will not meet the learning outcomes of the course. If you are unable to consistently be active (5-6 days a week for a minimum of 30 minutes a day), due to injury or sickness, please contact your teacher and alternate arrangements can be made.

Unit 1: Introduction

Unit 2: Resistance Training

Unit 3: Cardio Training

Unit 4: Flexibility Training

Unit 5: Quality Fuel

Unit 6: Smart Training

Unit 7: Best Life

Assessment

This 4-credit course will be broken down as follows:

Unit Activity Plans - 20% of the overall grade.

Unit Quizzes - 20% of the overall grade.

Unit Assignments - 20% of the overall grade.

Activity Logbooks - 40% of the overall grade.