

## **PHYSICAL EDUCATION 10 (5 CREDITS)**

The main goals of the physical education program are to develop motor skills, applied knowledge, a positive attitude and physical fitness. In addition, the program assists students in developing teamwork and individual skills that are transferable to other areas of their lives. The program recognizes a wide range of abilities and, as such, is student-centered. It is comprised of varying activities with a progression of difficulty and levels of achievement. This philosophy contributes to an active, healthy and productive lifestyle.

Within the Catholic high school, some of the values integrated into the Physical Education program include recognizing the dignity of each person as evident in their unique gifts and talents, community building, cooperation and shared responsibility, respect and care for the body.

Two outcomes related to Cardiopulmonary Resuscitation (CPR) instruction are included in the Physical Education 10 Program of Studies by Alberta Education. As a minimum standard, all students are required to attain the Heartsaver level of CPR course completion. The Heartsaver level requires approximately 4 hours of instruction provided by a certificated CPR Instructor.

**All students in P.E. 10 are required to complete this basic training in CPR in order to receive credit for P.E. – this is an Alberta Education directive and applies to all students.**