

**Active Living 12**

COURSE OUTLINE

**Overview**

This course offered through Delta Access gives students an opportunity to take Active Living outside of the regular school timetable. Students are encouraged to try a variety of physical activities to increase their chances of being active after the completion of this course. Students will learn the importance of participating in a healthy lifestyle and hopefully lead to some lifelong habits. This course is delivered entirely online, there are no supervised tests for this course.

Active Living 12 is split into 7 units, Introduction, Resistance Training, Cardio Training, Flexibility Training, Quality Fuel, Smart Training, and Best Life. Students will learn about the long-term benefits of leading a healthy and active lifestyle. Each unit consists of lessons, assignments, quizzes, and physical activity logs. Within each unit students are required to complete 12 physical activity hours, completing a total of **72** hours. Students are required to log at least 5 different types of activities, each type of activity must involve 2-20 hours. While enrolled in the course you MUST log at least **4** hours per week with a maximum of **12** hours per week.

At the beginning of each unit, you will be asked to predict what kinds of activity you plan to do to collect your 12 hours for a unit and how many hours per week you think you will be able to participate. You may also be asked some specific questions about the unit prior to starting to record your hours.

At the end of the unit you will be asked to reflect on your 12 hours in relation to the course content of the unit.  At this point your teacher will provide you a mark for the 12 hours of completed activity.

**Prerequisites:** None

**Course Content and Timelines**

The timelines suggested are based on a 10 month Fall course September to June. If you are taking a Spring/Summer course (5 months) or joining a course with less time left you will want to adjust your timing accordingly

**Unit 1: Introduction (1 weeks)**

**Unit 2: Resistance Training (3 weeks)**

**Unit 3: Cardio Training (3 weeks)**

**Unit 4: Flexibility Training (3 weeks)**

**Unit 5: Quality Fuel (3 weeks)**

**Unit 6: Smart Training (3 weeks)**

**Unit 7: Best Life (3 weeks)**

**Course Materials**

No textbook is required. Course content is delivered on our Moodle platform.

**Assessment Information**

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| **Unit Activity Plans** | **20%** |
| **Unit Quizzes** | **20%** |
| **Unit Assignments** | **20%** |
| **Unit Activity Logs** | **40%** |

**Assignments**

All units contain one or multiple assignments within the lesson. All instructions for the assignments are contained within the lessons along with information on how they will be assessed. Once the assignments are complete they are uploaded to the assignment submission box for marking.

**Quizzes**

The quizzes are designed as a self assessment for students to demonstrate understanding of the course content and curricular objectives. These do not have passwords so you are free to write on your own and have multiple attempts to show mastery.

**Activity Logs**

Activity Logs should be completed on a weekly basis, using the Activity Log Template provided on the D2L website. They are used to record the number of physical activity hours completed, students can submit a maximum of 12 hours per week. The activity logs are marked based on completion of hours.

**Reflections**

Reflections should be completed and submitted with each activity log

**Completion Requirements**

Aim to complete all aspects of the course. All Activity Hours are required for course completion. All activity must be logged regularly while being enrolled in this course – ie. previous activity (prior to enrolling in this course) is NOT acceptable for your activity logging. You should be logging activity every week. Large gaps can result in being removed from the course.

**Reporting**

**Weekly Progress Reports**

These be sent to both students and parents through the D2L website. These reports are sent via email and are based on information provided on course introduction forms. Please make sure your D2L profile is up to date with this information to ensure these are received. If you need assistance with this, please contact your teacher to help you make sure you are getting these reports.

**Report Cards**

These will be issued for the Fall term in November, March and June. For Spring/Summer only a final report card will be issued in August. These reports are available for Delta School District students on student and parent connect. For those not attending one of our high schools please call our Continuing Education office 604-940-5550 to have a copy sent.

Only students who have done enough work to meet the activity requirement for the course will get report cards by the term deadlines outlined by their teachers. Even if you are getting progress reports you are not considered an active (official student) until this is met. For this course students must submit Unit 1 and have it assessed for the activity requirement to be met.

Course reports are based on only what has been submitted for the Fall until April 1st and for the Spring/Summer until July 15th. At this time all missing assignments will count in grade calculations giving students a realistic picture of current course standings. It is important when viewing report cards and progress reports up until this point that the amount of the course completed is taking into consideration. (ie. 90% standing in a course that is only 10% complete is very different than 90% in a course that is 80% complete)

**Plagiarism**

**Plagiarism and Academic Dishonesty**

*Plagiarism* *is 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, as by not crediting the author*(Dictionary.com) <http://dictionary.reference.com/browse/plagiarism>

Plagiarism can be done either intentionally or accidentally. Regardless, it is an academic offence that carries with it varying levels of consequences – from a mark of zero for work submitted to expulsion from the course and/or on-line program. Plagiarism takes various forms: copying another’s work, not citing another’s original work, cutting and pasting from the internet and claiming the work as your own, allowing other students to copy and submit your work as their own, and so on. It is YOUR RESPONSIBILITY to be aware of the rules around using and citing other people’s work.

An excellent website that answers questions about plagiarism can be found at:

<http://www.plagiarism.org/>  
<http://www.grammarly.com/>  
<http://www.englishclub.com/writing/plagiarism.htm>  
<http://australianhelp.com/plagiarism>

If you are uncertain as to whether you may be plagiarizing someone’s work, check with your teacher or consult the many websites that outline the rules.

If a student is found to have submitted plagiarized work, the Delta Access teacher will notify both the student and Delta Access administration to document the violation and to determine further consequences. Repeated occurrences of plagiarism will likely result in a final mark of “Failure” in the specific on-line course.

**Contacting your Teacher**

You can email me anytime at [dscarr@deltaschools.ca](mailto:dscarr@deltaschools.ca)

If you have any concerns that cannot be addressed by your teacher please contact Delta Access – [svangeemen@deltaschools.ca](mailto:svangeemen@deltaschools.ca)   or call 604-599-6398