



GRADE 10

Fitness & Healthy Lifestyles 10

SD36 Surrey

This course is designed to further students' study of health information, goal setting, fitness training, fitness testing and the connection to the community. Sedentary lifestyles combined with poor nutrition habits are contributing to a generation of adolescents who are less active, less motivated to take part in active pursuits, less physically fit and more overweight.

Credits: 4

Approval Date: Jun 2018

Hours: 120

Trax Code: YHRA

ADDITIONAL INFORMATION

Fitness and Healthy Lifestyles 10 (FHL10) is designed to provide students with opportunities, beyond Physical and Health Education 10, to achieve improved levels of health knowledge and intrinsic motivation to be more active. FHL 10 combines personal awareness of an individual's current level of health and fitness with increased knowledge and skills to improve overall health.