

OVERVIEW OF LEISURE AND RECREATION

Special Requirements: None

Course Summary

No. of Modules: Three (Two to be selected)

Module 1: Physical Activity for Performance

Module 2: Physical Activity for Health and Fitness

Module 3: Physical Activity for Recreation

Task:

The General Education Task may be anchored in the Leisure and Recreation Course or there may be input from the Leisure and Recreation Course if it is being anchored in another area.

Final Exam:

There is no final exam. Assessment is based on fulfilling the Key Assignments as outlined at the end of each module.

Requirements:

Mandatory Modules and Sequence Timing:

As any two modules can be selected there is no mandatory module. The modules can be taken in any sequence. The two modules selected may be completed in one year or spread throughout the two years.

Credit Value of Modules:

2 credits for each of the two modules selected.

Task:

10 credits for the General Education Task.

Timetabling:

Flexibility in the timetable is necessary to allow for activities that may take place off the school site or for other activities that require longer time than the normal class period.