



Pursuit of Excellence: Physical Education Pathway

Staff Contact: Mr. Ryan

Required Coursework:

- **at least 3** senior P.E. courses:
 - Community Recreation 11
 - Community Recreation 12
 - Outdoor Pursuits
 - Fit for Life
 - Human Performance
 - Strength and Conditioning
 - CSI
- Athletic Leadership 11/12
- P.E. assistant for a junior P.E. class

Other Requirements:

- 5 session mini-practicum at a middle or elementary school
- complete certification in Level I coaching
- complete CPR “C” certification

Pathway Exploration/Work Experience: 20 hours over 2 years.

Examples:

- coaching or instructing (at school or in the community)
- visiting a post-secondary institution’s Kinesiology faculty
- job shadowing a professional in the field of fitness
- interviewing a professional in the field of fitness
- interviewing professional athletes
- coaching workshops
- training camps

Name: _____

Physical Education Pathway Tracking Form

Course	Year and Semester Completed	Grade (%)
Athletic Leadership 11/12		
P.E. Assistant		

Mini-Practicum

Where:

When:

Briefly describe your 5-session mini-practicum. What important lessons did you learn?
What surprised you?

Staff Assessor

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Once you have completed your pathway related activities, log your hours in a Pathway Exploration/Work Experience Form. Fill out one form per activity.