

PE30.10

Student-Directed Study – Create and implement a plan to explore one or more topics of personal interest relevant to *Physical Education 30*.

Indicators for this outcome

- (a) Explore one or more topics such as:
- educational qualifications of people involved in physical education related careers (e.g., physical therapist, firefighter and educator) through research and/or participation in events such as a career fair or job shadow;
 - societal, health and legal rationale of why certifications (e.g., first aid/cardio pulmonary resuscitation, National Coaching Certification Program, refereeing, yoga/pilates/dance instructor, personal training system and certified personal trainer) exist in physical education occupations and volunteer positions;
 - issue related to *Physical Education 30*, including developing materials to support the arguments for and against a debate position;
 - features of a well-rounded fitness plan that incorporates key concepts of *Physical Education 30*;
 - how well-being may become more/less of a priority in the future and what factors may help/hinder a balanced lifestyle; and,
 - First Nations and Métis understandings of the interrelationships between physical, emotional, mental and spiritual health in creating a balanced lifestyle.
- (b) Assemble and reflect on a portfolio that demonstrates understanding of a *Physical Education 30* topic of interest to the student.
- (c) Share the results of student-directed study through a display, presentation, performance, demonstration, song, game, commercial, fine art representation or research paper.
- (d) Construct a tool (e.g., rubric, checklist, self-evaluation form and peer-evaluation form) to assess the process and products involved in a student-directed study.