

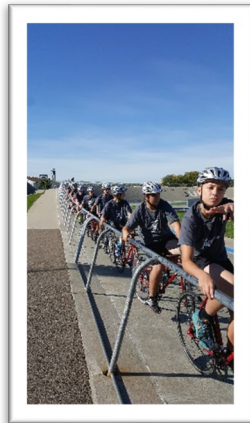
Physical Education 10

Get active and take a break from sitting all day with our outstanding Physical Education program here at Salisbury. With a variety of activities, and no unit lasting more than five days, you will always be pushing yourself and having fun! *Activity highlights for our course are:*

PE 10: Bowling, Velodrome, Skiing, Swimming, Broomball, Curling

PE 20: Rock Climbing, Bowling, Golf Driving Range, Squash & Racquetball, Curling

PE 30: Camping Trip, Scuba Diving, Zip Lining, Golf, Archery, Curling, Squash & Racquetball



6 Credit Co-Ed Physical Education 10/CALM Course

This program is a combined course of Physical Education 10 and Career and Life Management 20. PE 10 activities include: swimming, badminton, basketball, tennis, fitness, bowling, biking, flag football, slo-pitch, volleyball and first aid. On alternative days students are in CALM class covering topics such as Career and World of Work, Relationships and Independent Living.

6 Credit Co-Ed Yoga 15/CALM

Yoga/CALM is a harmonious balance of movement and learning! Yoga postures, breath and relaxation promote physical, mental and emotional health as students challenge themselves individually in a supportive group setting.

Career and Life Management (CALM) supports students in making informed decisions exploring career options, financial literacy and healthy lifestyle choices for holistic wellbeing.

Personal Fitness 10, 20, 30



This exciting **co-ed** learning context is intended to provide learning opportunities for students with a passion for: Athletics, Personal Wellness & Sports. The course is comprised of FUN activities as well as structured physical fitness through speed & strength training and development. The course has been purposefully designed to promote **Self-awareness, Team Building and Life-long Wellness Skills**. A desire to improve and an evolving work ethic are central to success.

****Personal Fitness 10 is the pre-requisite to register in Health & Wellness 10 or Cross Sport 20 or Personal Fitness 20.***

Personal Fitness 10/20/30 can be included in your average when calculating for the *Alexander Rutherford Scholarship* and may fulfill a portion of the "30-level" graduating requirement.

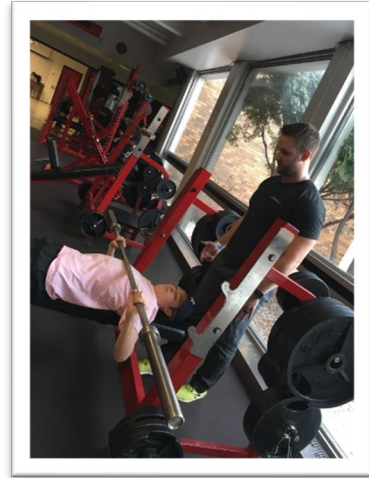
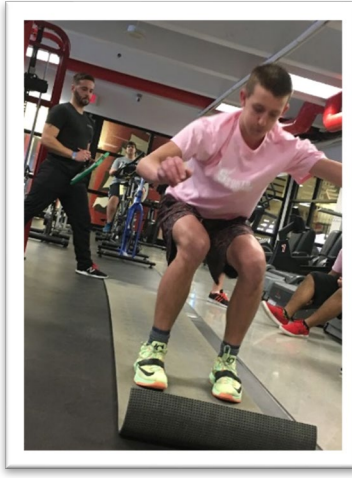
Cross Sport 10, 20 & 30

Salisbury athletes can take their training to the next level with our NEW program Cross Sport. This elite athlete-based program develops speed, power, agility and high level skills from multiple sports to improve each athlete individually. By training in multiple disciplines, athletes improve their personal fitness and train different muscle groups that will cross over and benefit them in their main sport. ****Personal Fitness 10 is the pre-requisite to register in Cross Sport 20***

Each week student athletes get offsite training two times at Play Maker U, two onsite training days here at Sal and one classroom work period.

****Prerequisite to Cross Sport 10 is Personal Fitness 10.***

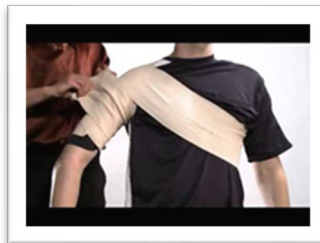




Sports Medicine 10, 20 & 30

This exciting program provides learning opportunities for students with an interest in the prevention, immediate care and rehabilitation of athletic injuries. It will be comprised of fun activities including; taping & strapping practical, injury rehabilitation exercise, assessment for injury prevention and return to play as well as some theory in the classroom.

It offers an introduction to students who are interested in career pathways in sport sciences including: Physiotherapy, Sports Medicine, Athletic Therapy, Kinesiology, Occupational Therapy, Nursing, Chiropractic, Fire Fighter & Paramedic (EMT/EMR)



In addition to gaining practical experience in athletic sport setting and Injury Video Analysis and Mechanisms of injury, students can receive training in Alberta Sports Medicine Council Taping and Strapping Certificate, Injury Rehabilitation Programs, and Red Cross First Aid Certificate & Field Experiences.

Sport Medicine 10, 20, and 30 can be included in your average when calculating for the *Alexander Rutherford Scholarship*.

YOGA 15, 25, 35

Why Yoga? Students answered:

"Yoga has helped me deal with life in an appropriate, respectable way - honouring myself."

"The realization that we do not necessarily need to find ourselves or find where we fit in, but that we create who we are has come through my yoga practice."

"One of the greatest challenges I have had as a teenager is stress and yoga has given me many tools that I use to relax and calm myself. I have had many challenging days in high school but it always gets better going to Yoga class and leaving the world behind for a while just to focus on myself and my wellbeing."

