

**What is it?**

This Focus Area is for students who may have well-developed physical abilities, be willing to help others enjoy physical and leisure activities, or have involvement in various sport activities.

**Career areas that match this Focus Area:**

* Athletics
* Recreation
* Personal health
* Wellness
* Coaching and team performance

**Grade 12 Courses (at least 2)**

Anatomy & Physiology 12

Fit for Life 12 – Girls Only

Leadership 12

Peer Tutoring 12

Physics 12

Psychology 12

Food Studies 12

Health Sciences 12

Fitness & Conditioning 12

Active Living 12

**Grade 11 Courses**

Life Sciences 11

Fit for Life 11 – Girls Only

Leadership 11

Peer Tutoring 11

Physics 11

Psychology 11

Food Studies 11

Health Sciences 11  
Fitness & Conditioning 11  
Active Living 11

**COURSES**

**Sample placements for this Focus Area through WEX 12A/12B:**

* Steve Nash Fitness Centre
* Surrey Gymnastic Society
* The Hockey Shop
* Cranked (sports supplements food & shake bar)