

Your Name: _____

Your Partner's Name: _____



PPL 10 SUMMATIVE ASSIGNMENT - 20% FINAL

Due Date: _____

The purpose of this assignment is to communicate what you have learned in this course and connect with life-long health circumstances. The format is a Men's or Women's Health Magazine; the presentation should be well organized and creative. Please refer to magazines such as Women's Health, Total Fitness, Shape or Oxygen and Men's Health, Men's Fitness, Muscle & Fitness and Stream Fit. Follow the EDHS plagiarism policy stated in the student handbook. Please reference all materials.

Total Marks	Topic	Criteria
/23	A1.2	<ul style="list-style-type: none"> Organization/layout (easy to read and follow ideas) /3 Creativity/design (looks like a magazine) /5 Referencing (all sections have sources sited) /10 All topics relate to a teenage audience /5
/16	A1.3	<ul style="list-style-type: none"> Use of class time (showed progress) /3 Focussed on task (didn't bother others) /3 Shared responsibilities /5 Submitted assignment on time /5
/10	Healthy Eating	Food and beverage choices-environmental and social factors <ul style="list-style-type: none"> <i>Explain five</i> social and environmental factors that can affect a person's food choice. /10
/9	Personal Safety and Injury Prevention	Mental health concerns-warning signs and responses <ul style="list-style-type: none"> <i>Explain five</i> warning signs and symptoms that could be related to mental health concerns /5 And <i>describe four</i> strategies for coping with or responding to mental health concerns affecting oneself or others /4
/16	Human Development and Sexual Health	Preventing pregnancy and STI's <ul style="list-style-type: none"> <i>Explain one</i> barrier method that helps decrease the risk of an STI and state it's <i>rate of effectiveness</i>. /2 <i>Explain five</i> hormonal methods that can be used to help prevent unwanted pregnancies /10 Identify <i>three</i> sources of information and/or support if you have questions or concerns relating to human development and sexual health /3
/10	Substance Use, Addictions, and Related Behaviours	Social influences; decision making and communication skills <ul style="list-style-type: none"> <i>Explain five</i> factors that can have an affect on your choices related to substance use and addictions /5 <i>Explain five</i> positive ways of coping with stress. /5
/12	Safety	Emergency situations related to physical activities <ul style="list-style-type: none"> Recognize the signs of an <u>asthma attack</u> /3 and what to do to help /3 Recognize the signs of <u>shock</u> /3 And what to do to help /3

Total Mark= _____ /96 Marks