

## Lesson 1: Personal Physical Activity Inventory

### Introduction

In this lesson students reflect on their understanding of an active healthy lifestyle. They also reflect on their own personal situation and what is required of them to meet the requirements for the physical activity practicum.



### Specific Learning Outcome

**11.PA.1** Demonstrate appropriate critical thinking, planning, and decision-making skills in the development and implementation of a personal physical activity plan that is safe and ethical and contributes to health-related fitness goals.



### Background Information

#### Purpose of Physical Activity Practicum

Manitobans are concerned with the health of children and youth, specifically in the areas of nutrition, physical activity, and injury prevention. The intent of this course is to have parents, students, and schools “work together to help youth take greater ownership of their own physical fitness, promote the discovery of activities suited to their own individual interests, and encourage active lifestyles that persist into their futures” (Healthy Kids 25).

#### REFERENCE



For additional information, refer to the following report:

Healthy Kids, Healthy Futures All-Party Task Force. *Healthy Kids, Healthy Futures: Task Force Report*. Winnipeg, MB: Manitoba Healthy Living, n.d. Available online at <[www.gov.mb.ca/healthykids/](http://www.gov.mb.ca/healthykids/)>.

#### Requirements for Physical Activity Practicum

The Grade 11 Active Healthy Lifestyles course requires students to demonstrate achievement of learning outcomes in the three course components, Physical Activity Practicum, Core Component, and Flexible Delivery Component, as applicable.

# Emr Safety And Wellness Handout Answer Key

**Howard M. Fillit, Kenneth  
Rockwood, John B Young**



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The SAGES Manual of Quality, Outcomes and Patient Safety John R. Romanelli, Jonathan M. Dort, Rebecca B. Kowalski, Prashant Sinha, 2022-06-06 In this thoroughly revised second edition of the frequently downloaded manual The SAGES Manual of Quality Outcomes and Patient Safety A panel of experts update and expand their survey of the many factors that influence quality in the world of surgery surgical outcomes and threats to patient safety Among the highlights include a section devoted to threats to quality and outcomes and safety such as surgeon wellness and burnout disruptive behavior second victims the surgeon with declining skills and maintaining quality in the setting of a crisis Another all new section focuses on surgical controversies such as whether or not to use robotic surgical technology and whether or not it influences surgical outcomes whether or not routine cholangiography reduces the common bile duct injury rate whether or not having a consistent operating room team influences surgical outcomes and whether a conflict of interest truly influences surgical quality Further this manual updates chapters on surgical simulation teamwork and team training teleproctoring mentoring and error analysis State of the art and readily accessible The SAGES Manual of Quality Outcomes and Patient Safety Second Edition will offer physicians strategies to maintain surgical quality in a rapidly changing practice environment the tools they require to succeed

**Crafts and Creative Media in Therapy** Carol Tubbs, Margaret Drake, 2024-06-01 For more than 20 years Crafts and Creative Media in Therapy Fifth Edition has been an illuminating reference for the use of creative approaches in helping clients achieve their therapeutic goals Carol Crellin Tubbs has included a range of craft and creative activity categories from paper crafts to cooking to the use of recycled materials and everything in between Each chapter includes a brief history of the craft several projects along with suggestions for grading or adapting examples of related documentation and a short case study The text also features chapters on activity analysis general strategies for implementation of creative activities and documentation as well as a chapter describing the relevance of this media from both historical and current occupation based perspectives In this updated Fifth Edition the craft projects have been updated and numerous resources and links for more ideas have been added There are new chapters on making therapy tools and crafting with a purpose and the recycled and found materials chapter has been expanded in keeping with cultural trends A flow chart has been added to each case study to help students better understand the process and rationale for tailoring activities for individual client needs and project suggestions for working on specific performance skills or client factors are scattered throughout the chapters Other additions include a behavioral observation checklist as an aid in evaluation and documentation and several illustrations to help students distinguish between the use of occupation as means and occupation as end This Fifth Edition also includes an updated instructors manual with additional resources and suggestions for lesson planning Crafts and Creative Media in Therapy Fifth Edition not only provides a wide assortment of craft ideas and instructions but also provides multiple suggestions for therapeutic uses for activities in each category It includes ways to

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**Brocklehurst's Textbook of Geriatric Medicine and Gerontology E-Book** Howard M. Fillit, Kenneth Rockwood, John B Young, 2016-05-06 The leading reference in the field of geriatric care Brocklehurst's Textbook of Geriatric Medicine and Gerontology 8th Edition provides a contemporary global perspective on topics of importance to today's gerontologists internal medicine physicians and family doctors An increased focus on frailty along with coverage of key issues in gerontology disease specific geriatrics and complex syndromes specific to the elderly makes this 8th Edition the reference you'll turn to in order to meet the unique challenges posed by this growing patient population Consistent discussions of clinical manifestations diagnosis prevention treatment and more make reference quick and easy More than 250 figures including algorithms photographs and tables complement the text and help you find what you need on a given condition Clinical relevance of the latest scientific findings helps you easily apply the material to everyday practice A new chapter on frailty plus an emphasis on frailty throughout the book addresses the complex medical and social issues that affect care and the specific knowledge and skills essential for meeting your patients complex needs New content brings you up to date with information on gerontechnology emergency and pre hospital care HIV and aging intensive treatment of older adults telemedicine the built environment and transcultural geriatrics New editor Professor John Young brings a fresh perspective and unique expertise to this edition

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