

Physical Activity Core (PAC) Rotation Timetable 2007-2008**Year I - Required Physical Activity Core (PAC) Rotation**

Revised: June 6, 2007

Course #	Sect. Code	Meeting Section	Rotation Name	Unit	Start Date	End Date	Time	Location of FIRST class
PAC100Y1 ⑤	Y	P101 ①	Basics Rotation	Run, Jump & Throw Principles of Fitness I Gymnastics Swim (Beginner) ② Dance	Sep. 10 Oct. 15 Nov. 21 Jan. 23 Mar. 5	Oct. 10 Nov. 14 Jan. 17 Mar. 3 Apr. 7	MW8:30-10:30	FH1 UG LG 25 yd pool DS
		P102 ①		Dance Run, Jump & Throw Principles of Fitness I Gymnastics Aquatics (Basic) ②	Sep. 10 Oct. 15 Nov. 21 Jan. 23 Mar. 5	Oct. 10 Nov. 14 Jan. 21 Mar. 3 Apr. 7	MW8:30-10:30	DS FH1 UG LG 50m pool
		P103 ① ③	CTEP Unit	Aquatics (CTEP) ② Dance Run, Jump & Throw Principles of Fitness I Gymnastics	Sep. 10 Oct. 15 Nov. 21 Jan. 23 Mar. 5	Oct. 10 Nov. 14 Jan. 21 Mar. 3 Apr. 7	MW8:30-10:30	50m pool DS FH1 UG LG
		P104 ①		Gymnastics Aquatics (Intermed) ② Dance Run, Jump & Throw Principles of Fitness I	Sep. 10 Oct. 15 Nov. 21 Jan. 23 Mar. 5	Oct. 10 Nov. 14 Jan. 21 Mar. 3 Apr. 7	MW8:30-10:30	LG 50m pool DS FH1 UG
		P105 ①		Principles of Fitness I Gymnastics Aquatics (Advanced) ② Dance Run, Jump & Throw	Sep. 10 Oct. 15 Nov. 21 Jan. 23 Mar. 5	Oct. 10 Nov. 14 Jan. 21 Mar. 3 Apr. 7	MW8:30-10:30	UG LG 50m pool DS FH1

PAC100Y1 NOTES:

- ① Choose one meeting section on ROSI www.rosi.utoronto.ca, registration begins July 12, 2007 at 6 a.m.
 - ② Year I students must select the PAC100Y1 unit that corresponds with their swimming ability or program of study.
 - P101 = Beginner - no swimming experience
 - P102 = Basic - minimal swimming experience, comfortable in deep water
 - P103 = Students in the CTEP program must register for this unit. Instruction will be geared towards the teaching profession
 - P104 = Intermediate - experience with front & back crawl, comfortable in deep water
 - P105 = Advanced - very experienced
- All YEAR I students will be screened for their swimming abilities on Sept. 6th, 2007 during orientation week
- ③ FINAL EXAMS: PAC100Y - Mon., Nov. 19/07 - first two units. Wed., Apr. 9/08 - last three units.
PAC200Y - Tues., Dec. 4/07 - first two units. Tues., Apr. 8/07 - last two units.
 - ④ PAC100Y1 Section P103 is for students in the CTEP program. CTEP students must register for this unit as instruction will be geared towards the teaching profession
- Sept. 10, 2007 - Fall PAC100Y activity classes begin. Dec. 5, 2007 - Fall PAC100Y activity classes end.
Jan. 7, 2008 - Winter PAC100Y activity classes begin. Apr. 11, 2008 - Winter PAC100Y activity classes end.

Year II - Required Physical Activity Core (PAC) Rotation

Course #	Sect. Code	Meeting Section	Rotation Name	Unit	Start Date	End Date	Time	Location of FIRST class
PAC200Y1 ③ ④	Y	P101 ① ④	Skill Development Rotation	Dance Track and Field Squash Baseball	Sep. 11 Oct. 23 Jan. 8 Feb. 26	Oct. 18 Nov. 29 Feb. 14 Apr. 3	TR2-4	DS VC SC VC
		P102 ① ③		Track and Field Dance Badminton Baseball	Sep. 11 Oct. 23 Jan. 8 Feb. 26	Oct. 18 Nov. 29 Feb. 14 Apr. 3	TR2-4	VC DS UG VC
		P103 ① ④		Basketball Gym and Trampoline Football Tennis	Sep. 11 Oct. 23 Jan. 8 Feb. 26	Oct. 18 Nov. 29 Feb. 14 Apr. 3	TR2-4	SG LG VC FH 1,2,3 and 4
		P104 ① ④		Rugby	Sep. 11	Oct. 18	TR2-4	BC

Course #	Sect. Code	Meeting Section	Rotation Name	Unit	Start Date	End Date	Time	Location of FIRST class
				Squash Volleyball Dance	Oct. 23 Jan. 8 Feb. 26	Nov. 29 Feb. 14 Apr. 3		SC SG DS
PAC200Y1 ③ ⑤		P105 ① ④		Aquatics Basketball Football Squash	Sep. 11 Oct. 23 Jan. 8 Feb. 26	Oct. 18 Nov. 29 Feb. 14 Apr. 3	TR2-4	Pool FH 1,2 and 3 VC SC
	Y	P106 ① ④		Lacrosse Aquatics Golf Field Hockey	Sep. 11 Oct. 23 Jan. 8 Feb. 26	Oct. 18 Nov. 29 Feb. 14 Apr. 3	TR2-4	BC Pool VC VC
		P107 ① ④		Soccer Badminton Dance Field Hockey	Sep. 11 Oct. 23 Jan. 8 Feb. 26	Oct. 18 Nov. 29 Feb. 14 Apr. 3	TR2-4	VC UG DS VC
		P108 ① ④		Soccer Volleyball Tennis Gym and Trampoline	Sep. 11 Oct. 23 Jan. 8 Feb. 26	Oct. 18 Nov. 29 Feb. 14 Apr. 3	TR2-4	VC SG FH 1,2,3 and 4 LG

PAC200Y1 NOTES:

- ① Choose one meeting section on ROSI www.rosi.utoronto.ca, registration begins July 12, 2007 at 6 a.m.
 - ③ FINAL EXAMS: PAC100Y – Mon., Nov.19/07 - first two units. Wed., Apr. 9/08 - last three units.
PAC200Y – Tues., Dec.4/07 - first two units. Tues., Apr. 8/07 - last two units.
 - ④ Not all sections offer the same activity units
 - ⑤ Equipment will be provided but students may also use their own.
- Sept. 10, 2007 – Fall PAC200Y activity classes begin. Nov. 30, 2007 – Fall PAC200Y activity classes end.
Jan. 7, 2008 – Winter PAC200Y activity classes begin. Apr. 11, 2008 – Winter PAC200Y activity classes end.

Year III - Required Physical Activity Core (PAC) Rotation

Course #	Sect. Code	Meeting Section	Rotation Name	Unit	Start Date	End Date	Time	Location of FIRST class
PAC300Y1 ⑤	Y	P101 ① ④	Movement Principles & Inclusion	Principles of Fitness II Introduction to Inclusion Movement & Health through Dance Pedagogy Adv. Sport Inst. – Soccer ⑥	Sep. 10 Oct. 15 Nov. 19 Jan. 21 Mar. 3	Oct. 10 Nov. 14 Jan. 16 Feb. 27 Apr. 2	MW2 –4	FH4&SCC FH1 DS UG VC
		P102 ① ④		Pedagogy Adv. Sport Inst. – Volleyball ⑥ Principles of Fitness II Introduction to Inclusion Movement & Health through Dance	Sep. 10 Oct. 15 Nov. 19 Jan. 21 Mar. 3	Oct. 10 Nov. 14 Jan. 16 Feb. 27 Apr. 2	MW2 –4	UG SG FH4&SCC FH1 DS
		P103 ① ④		Movement & Health through Dance Pedagogy Adv. Sport Inst. – Basketball ⑥ Principles of Fitness II Introduction to Inclusion	Sep. 10 Oct. 15 Nov. 19 Jan. 21 Mar. 3	Oct. 10 Nov. 14 Jan. 16 Feb. 27 Apr. 2	MW2 –4	DS UG SG FH4&SCC FH1
		P104 ① ④		Adv. Sport Inst. Gym and Tramp. ⑥ Principles of Fitness II Introduction to Inclusion Movement & Health through Dance Pedagogy	Sep. 10 Oct. 15 Nov. 19 Jan. 21 Mar. 3	Oct. 10 Nov. 14 Jan. 16 Feb. 27 Apr. 2	MW2 –4	LG FH4&SCC FH1 DS UG
		P105 ① ④		Adv. Sport Inst. – Aquatics ⑥ Principles of Fitness – II Introduction to Inclusion Movement & Health through Dance Pedagogy	Sep. 10 Oct. 15 Nov. 19 Jan. 21 Mar. 3	Oct. 10 Nov. 14 Jan. 16 Feb. 27 Apr. 2	MW2 –4	Pool FH4&SCC FH1 DS UG
		P106 ① ④		Introduction to Inclusion Movement & Health through Dance Pedagogy Adv. Sport Inst. – Badminton ⑥ Principles of Fitness – II	Sep. 10 Oct. 15 Nov. 19 Jan. 21 Mar. 3	Oct. 10 Nov. 14 Jan. 16 Feb. 27 Apr. 2	MW2 –4	FH1 DS SG UG FH4&SCC
		P107 ① ④		Introduction to Inclusion	Sep. 10	Oct. 10	MW2 –4	FH1

				Movement & Health through Dance Pedagogy Adv. Sport Inst. – Squash ⑥ Principles of Fitness – II	Oct. 15 Nov. 19 Jan. 21 Mar. 3	Nov. 14 Jan. 16 Feb. 27 Apr. 2		DS UG SC FH4&SCC
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PAC300Y1 NOTES:

- ① Choose one meeting section on ROSI www.rosi.utoronto.ca, registration begins July 12, 2007 at 6 a.m.
 - ④ Not all sections offer the same activity units
 - ⑤ Equipment will be provided but students may also use their own.
 - ⑥ Advanced Sport Instruction – Students must choose an activity unit with the corresponding sport completed in PAC200Y or be able to demonstrate adequate skill level – determined by instructor in the first class. These courses are not designed for beginners.
- Sept. 10, 2007 – Fall PAC300Y activity classes begin. Dec. 5, 2007 – Fall PAC300Y activity classes end.
Jan. 7, 2008 – Winter PAC300Y activity classes begin. Apr. 11, 2008 – Winter PAC300Y activity classes end.

Year IV - Required Physical Activity Core (PAC) Rotation

Course #	Sect. Code	Meeting Section	Rotation Name	Unit	Start Date	End Date	Time	Location of class	Notes
PAC400Y1 ⑤	Y	P101 ① ④	Diversity in Physical Activity	Games Adapted Games ⑦ Dance - World Organization Skills	Sep. 11 Oct. 23 Jan. 8 Feb. 26	Oct. 18 Dec. 2 Feb. 14 Apr. 3	TR 9-10:30	BC FH1,2,3/pool DS FH1,2,3	1 st class in SG 1 st class in SG
		P102 ① ④		Games Adapted Games ⑦ Active Healthy Aging Organization Skills	Sep. 11 Oct. 23 Jan. 8 Feb. 26	Oct. 18 Dec. 2 Feb. 14 Apr. 3	TR 9-10:30	BC FH1,2,3/pool UG FH1,2,3	1 st class in SG 1 st class in SG
		P103 ① ④		Games Active Healthy Aging Adapted Games ⑦ Organization Skills	Sep. 11 Oct. 23 Jan. 8 Feb. 26	Oct. 18 Dec. 2 Feb. 14 Apr. 3	TR 9-10:30	SG UG FH1,2,3/pool FH1,2,3	1 st class in SG 1 st class in SG
		P104 ① ④		Games Dance - World Adapted Games ⑦ Organization Skills	Sep. 11 Oct. 23 Jan. 8 Feb. 26	Oct. 18 Dec. 2 Feb. 14 Apr. 3	TR 9-10:30	UG DS FH1,2,3/pool FH1,2,3	1 st class in SG 1 st class in SG

PAC400Y1 NOTES:

- ① Choose one meeting section on ROSI www.rosi.utoronto.ca, registration begins July 12, 2007 at 6 a.m.
 - ④ Not all sections offer the same activity units
 - ⑤ Equipment will be provided but students may also use their own.
 - ⑦ Adapted Games involves land and water activities -swimsuits required.
- Sept. 10, 2007 – Fall PAC400Y activity classes begin. Nov. 30, 2007 – Fall PAC400Y activity classes end.
Jan. 7, 2008 – Winter PAC400Y activity classes begin. Apr. 11, 2008 – Winter PAC400Y activity classes end.

LEGEND: Course: Y = full credit course
Section Code: Y = fall & winter sessions
Meeting Section: P = Practical
Time: R = Thursday.

BC=Back Campus DS = Dance Studio LG=Lower Gym UG=Upper Gym VC=Varsity Centre FH=Field House
SC=Squash Courts SG=Sports Gym SCC=Strength and Conditioning Centre 25 yd Pool=Benson Pool
50M Pool=Warren Steven's Pool

Physical Activity Core (PAC) Rotations Attendance Ruling

A single letter based mark is assigned at the successful completion of each PAC course. Student marks reflect the aggregate mark achieved over the completed rotation units. For example: the course PAC100Y consists of five rotation units: Run, Jump and Throw, Dance, Aquatics/Swim, Principles of Fitness I, and Gymnastics. Each rotation unit is graded and a single final aggregate mark is determined from the average of the unit grades.

All activity units of the rotation must be completed successfully to receive credit, a unit mark of 50% or more is considered a pass. If you do not pass a unit, you will be required to take that activity again and a mark of "No Credit" will be recorded for the whole PAC course until that activity unit of the rotation is completed successfully.

Being present in class and participating fully is an integral part of the PAC program. Students are allowed to be absent as follows:

- No more than 2 Absences in any 1 rotation unit.**
- No more than 6 Absences for the whole year.**

Two lates will equal to one absence.

An absence is defined as being absent from class for ANY reason (i.e. medical, personal etc.). If you miss more than 25% of the rotation unit, you will have to take that rotation unit again. If you exceed the allotted number of absences, you have the following options:

- 1) Speak to your Instructor to see if you can make up the time in any way. This is the best option.
- 2) Speak to Dave Cooper (Benson Wing - room 328) about making up the time in another class. You will need to get a "Make Up Sheet" signed by the Instructor whose class you attend and return this sheet to Dave Cooper.