

“Physical education programs lay the foundation for lifelong active living, enhance health and well-being, and help to prevent and/or reduce future health problems.”

Constitution of the World Health Organization



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### Ontario Physical and Health Education Association

The writing and publishing team would like to thank the management and staff at Ophea (the Ontario Physical and Health Education Association) for their support at every stage of this project—from our early discussions about developing a textbook to match the curriculum, to their input during the writing and reviewing process, to their endorsement and widespread promotion of the text. Without Ophea’s support and assistance, the completion of this textbook and its supporting materials would not have been possible.



### Advanced Coronary Treatment Foundation (ACT Foundation)

The writing and publishing team would also like to thank the management and staff of the ACT foundation for their support and permission to reproduce the ACT High School Student CPR Manual as an appendix to this resource.



### The Society of Obstetricians and Gynaecologists of Canada

The writing and publishing team would also like to thank The Society of Obstetricians and Gynaecologists of Canada for permission to reproduce their tables as an appendix to this resource.



### The Canadian Safe School Network

The writing and publishing team would also like to thank The Canadian Safe School Network, a national, charitable organization dedicated to reducing youth violence and making our schools and communities safer, for their support in the development of the Conflict Resolution and Personal Safety unit.





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**W**e are immensely grateful to all of the following individuals who kindly reviewed all or parts of this resource prior to publication. Responsibility for any errors or omissions rests with the author and the publisher.

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