

COMPONENT	OBJECTIVES	COMPETENCY
I Safety Practices	<ol style="list-style-type: none"> 1. Describe and demonstrate safety factor to be considered when engaging in flexibility exercises. 2. Describe and demonstrate safety practices to be considered when engaging in aerobic activities. 3. Describe and demonstrate safety practices to be considered when engaging in muscular strength and endurance activities. 4. Identify possible injuries that might result from not following appropriate safety practices. 5. Describe and demonstrate proper warm-up and cool-down procedures specific to selected physical fitness activities. 6. Identify factors one should consider before engaging in a physical fitness program. (PE.B.2.4.1) 	<ol style="list-style-type: none"> A. The student can understand and apply safety practices. (PE.B.2.4.1) B. The student can perform a proper warm-up and cool-down activity. C. The student can list five injuries that might result from not following appropriate safety practices. D. The student can identify three factors one should consider before engaging in physical activity.
II Fitness Activities	<ol style="list-style-type: none"> 1. Describe how health-related components of physical fitness are increased through the application of training principles. 2. Describe and demonstrate the correct biomechanical and physiological principles related to cardiovascular fitness: <ol style="list-style-type: none"> a. proper jogging techniques b. proper flexibility techniques c. proper body alignment throughout full range of motion d. proper movement for specific groups (PE.A.2.4.1)(PE.A.2.4.2) 3. Describe and demonstrate the correct biomechanical and physiological principles related to muscular strength and endurance: <ol style="list-style-type: none"> a. define principles as they relate to weight training. (PE.A.2.4.2) 	<ol style="list-style-type: none"> A. The student can exhibit an improved level of health-related fitness. (PE.B.1.4.1) B. The student can understand and apply correct biomechanical and physiological principles related to fitness. (PE.A.2.4.1)(PE.A.2.4.2) C. The student can perform nationally normed health-related fitness test. D. The student can assess their own level of fitness. (PE.B.1.4.3)

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III Terminology	<ol style="list-style-type: none"> 4. Describe and demonstrate correct biomechanical and physiological principles related to flexibility. (PE.A.2.4.1)(PE.A.2.4.2) 5. Perform nationally normed health-related physical fitness tests approved by the school district. 6. Demonstrate the ability to assess his/her level of: flexibility, cardiovascular fitness, muscular strength and endurance. 	<ol style="list-style-type: none"> A. The student can discuss and demonstrate knowledge of “fitness” terms.
IV Facts/Fallacies Associated with Fitness and Conditioning	<ol style="list-style-type: none"> 1. Define selected terms related to physical fitness. 1. Identify five exercises gadgets or gimmicks. 2. Identify methods of countering false advertising claims. 3. Determine the validity of marketing claims promoting physical fitness products and services. 	<ol style="list-style-type: none"> A. The student can differentiate between facts, fads, quackery and myths as related to physical fitness. B. The student can identify five methods of countering false advertising claims.
V Designing and Exercise Program	<ol style="list-style-type: none"> 1. Identify steps in designing a fitness program. (PE.B.1.4.1) 2. Design a fitness program that meets their individual needs. (PE.B.1.4.2) 3. Design a fitness program that will lead to or maintain an improved level of: flexibility, cardiovascular fitness, muscular strength and endurance. (PE.B.1.4.2)(PE.B.1.4.3) 4. Identify motivational strategies that will enhance fitness programs. 	<ol style="list-style-type: none"> A. The student can design a program that will lead to an optimal level of health-related fitness. (PE.B.1.4.1) B. The student can present and utilize three motivational strategies to assist fitness program success. (PE.C.2.4.1)

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VI Consumer Issues	<ol style="list-style-type: none"> 1. Identify consumer issues related to selection and purchase of fitness equipment. (PE.A.3.4.5) 2. Identify consumer issues related to care and maintenance of fitness equipment. 3. Identify consumer issues related to use of professional fitness services. 4. Identify consumer issues related to availability of community resources providing opportunity for participating in fitness activities. 	<ol style="list-style-type: none"> A. The student can understand consumer issues related to designing, implementing and evaluating a physical fitness program. (PE.A.3.4.5) B. The student can identify five consumer issues related to availability of community resources.
VII Values	<ol style="list-style-type: none"> 1. Identify attitudes that people may have toward exercise and physical activities. (PE.C.2.4.3) 2. Describe benefits of achieving physical fitness and participating in a regular program of physical activity. (PE.A.3.4.1)(PE.A.3.4.2)(PE.A.3.4.4)(PE.A.3.4.7) 	<ol style="list-style-type: none"> A. The student can demonstrate a positive attitude toward his/her physical self and lifelong physical activity. (PE.C.2.4.3) B. The student can identify five benefits of participating in a regular program of physical activity. (PE.A.3.4.1)(PE.A.3.4.2)(PE.A.3.4.4)(PE.A.3.4.7)