

| COMPONENT             | OBJECTIVES  | COMPETENCY   |
|-----------------------|---|--|
| I Safety Practices    | <ol style="list-style-type: none"> <li>1. Identify potential safety hazards inherent in physical fitness activities.<br/>(PE.B.2.4.1)</li> <li>2. Demonstrate appropriate safety practices when participating in physical fitness activities.<br/>(PE.B.2.4.1) (PE.C.1.4.2)</li> <li>3. Identify possible injuries which could result from following inappropriate safety practices.<br/>(PE.B.2.4.1)</li> <li>4. Identify precautions to be taken when exercising in extreme weather/ environmental conditions.</li> <li>5. Identify factors which should be considered before engaging in a physical fitness program.<br/>(PE.B.1.4.4)</li> </ol> | <ol style="list-style-type: none"> <li>A. The student can demonstrate appropriate safety practices when engaging in physical activities.<br/>(PE.B.2.4.1)</li> <li>B. The student can identify five injuries which could result from following inappropriate safety practices.</li> <li>C. The student can list five precautions to be taken when exercising in extreme weather/ environmental condition.</li> <li>D. The student can cite five factors which should be considered before engaging in a physical fitness program.</li> </ol> |
| II Fitness Activities | <ol style="list-style-type: none"> <li>1. List and describe the health-related components of fitness.<br/>(PE.B.1.4.1)</li> <li>2. Exhibit an improved or maintained level of health-related fitness as measured by nationally normed, district approved standardized tests of health-related fitness.<br/>(PE.B.1.4.2)</li> <li>3. Identify selected physical fitness programs which could be utilized by high school students.<br/>(PE.C.2.4.2)</li> </ol>  | <ol style="list-style-type: none"> <li>A. The student can identify the five components of health-related fitness.<br/>(PE.B.1.4.1)</li> <li>B. The student can perform the health-related fitness activities achieving a 50% or better score on each test.</li> <li>C. The student can identify three selected physical fitness programs.</li> </ol>   |

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| <p>III Exercise Program</p>                            | <ol style="list-style-type: none"> <li>1. Design a personal fitness program that will lead to an optimal level of fitness.<br/>(PE.B.1.4.5)</li> <li>2. Identify motivational strategies designed to keep programs going.</li> <li>3. Implement a personal fitness program for a period of two to four weeks.<br/>(PE.B.1.4.2)</li> <li>4. Record personal fitness program goals and performances.<br/>(PE.B.1.4.3)</li> <li>5. Describe some of the most popular exercise programs.</li> <li>6. List and describe the contributions of various types of physical activities to the development of the health-related components of fitness.<br/>(PE.A.3.4.1) (PE.A.3.4.4)</li> <li>7. Evaluate different exercise programs for their health-related benefits.<br/>(PE.A.3.4.2) (PE.A.3.4.4) (PE.A.3.4.3)</li> </ol> | <ol style="list-style-type: none"> <li>A. The student can develop an appropriate fitness program designed to meet individual needs and interests.<br/>(PE.B.1.4.5)</li> <li>B. The student can identify steps in designing a personal fitness program.</li> <li>C. The student can implement a two to four week personal fitness program.<br/>(PE.B.1.4.2)</li> <li>D. The student can identify five contributions of selected physical fitness activities to the development of health-related fitness.</li> <li>E. The student can develop three motivational strategies designed to keep programs going.</li> </ol> |
| <p>IV Biomechanically<br/>Physiological Principles</p> | <ol style="list-style-type: none"> <li>1. Describe how health-related components of physical fitness are increased through the application of training principles.<br/>(PE.B.1.4.1)</li> <li>2. Describe and demonstrate the correct biomechanical and physiological principles related to cardiovascular fitness:<br/>(PE.A.2.4.2)               <ol style="list-style-type: none"> <li>a. proper jogging technique</li> <li>b. proper flexibility techniques</li> <li>c. proper body alignment throughout a full range of motion</li> <li>d. proper movements for specific muscle groups</li> </ol> </li> </ol>  | <ol style="list-style-type: none"> <li>A. The student understand and apply correct biomechanical and physiological principles related to health-related fitness.</li> <li>B. The student can demonstrate proper jogging techniques.</li> <li>C. The student can define principles related to weight training.</li> <li>D. The student can perform selected activities related to weight training using proper physiological and biomechanical principles.</li> </ol>   |

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| V Consumer Issues | <p>3. Describe and demonstrate the correct biomechanical and physiological principles related to muscular strength and endurance. (PE.B.1.4.1)</p> <p>a. define principles as they relate to weight training.</p> <p>4. Describe and demonstrate correct biomechanical and physiological principles related to flexibility.</p> <p>1. Identify consumer issues related to selection and purchase of fitness equipment.</p> <p>2. Identify consumer issues related to care and maintenance of fitness equipment.</p> <p>3. Identify consumer issues related to use of professional fitness services.</p> <p>4. Identify consumer issues related availability of community resources providing opportunity for participating in fitness activities. (PE.A.3.4.5)</p> <p>5. Determine the validity of marketing schemes promoting physical fitness products and services.</p> <p>6. Describe differences between facts, fads, quackery and myths as they relate to physical fitness.</p> | <p>E. The student can perform proper stretching activities as they relate to flexibility.</p> <p>A. The student can identify three to five consumer issues related to purchase of fitness equipment, maintenance of equipment, use of professional fitness services.</p> <p>B. the student can list five community opportunities for participating in fitness activities. (PE.A.3.4.5)</p> <p>C. The student can differentiate between facts, fad, quackery and myths as related to physical fitness.</p> |
| VI Values         | <p>1. List common attitudes held by people toward exercise and fitness.</p> <p>2. Describe benefits of achieving physical fitness and participating in a regular program of physical activity. (PE.B.1.4.6)</p>   | <p>A. The student can exhibit a positive attitude toward the importance of physical fitness.</p> <p>B. The student can identify five benefits of participating in a regular program of physical activity. (PE.B.1.4.6)</p>  |