

COMPONENT	OBJECTIVES	COMPETENCY
<p>I Introduction to Physical Fitness</p>	<ol style="list-style-type: none"> 1. Define physical fitness. (PE.B.1.4.1) 2. Describe the relation between individual lifestyles and health related fitness. (PE.A.3.4.4) (PE.B.1.4.1) 3. List specific benefits of achieving and maintaining an optimal fitness level through participation in a regular program of physical activity. 4. State the reasons why fitness is a greater national concern in today's society than in previous years. 	<ol style="list-style-type: none"> A. The student can describe physical fitness as it relates to a healthy lifestyle. (PE.A.3.4.6) B. The student can give five reasons why fitness is a greater national concern today.
<p>II Components of Fitness</p>	<ol style="list-style-type: none"> 1. List and describe all components of health-related physical fitness. (PE.B.1.4.1) 2. List and describe all components of the skill-related physical fitness. (PE.A.2.4.2) 3. Compare and differentiate between health-related and skill-related fitness. 4. List and describe acceptable levels of health-related components of fitness. (PE.B.1.4.2) 5. List three health-related problems associated with inadequate flexibility. 6. List health-related problems associated with inadequate cardiovascular fitness. (PE.A.3.1.2) 7. List health-related associated with inadequate muscular strength and endurance. (PE.A.3.1.4) 	<ol style="list-style-type: none"> A. The student can identify ten components of physical fitness. B. The student can apply appropriate safety practices when engaging in physical activities. (PE.B.2.4.1) C. The student can use health-related fitness tests standards to assess health-related fitness levels. (PE.B.1.4.3) D. The student can identify five problems associated with inadequate flexibility, muscular strength and endurance and cardiovascular fitness. (PE.B.1.4.2)

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II Safety Practices	<p>8. List health-related problems associated with an atypical percentage of body fat. (PE.B.1.4.6)</p> <p>1. Demonstrate appropriate safety procedures while engaging in flexibility, cardiovascular, muscular strength and endurance activities. (PE.B.2.4.1)</p> <p>2. Demonstrate proper warm-up/cool-down procedures specific to participation in physical activities.</p> <p>3. Describe basic injury treatment.</p>	<p>A. The student uses appropriate stretches while warming up and cooling down.</p> <p>B. The student can demonstrate proper treatment for basic injuries.</p>
IV Principles of Training	<p>1. List factors one should consider before engaging in a physical fitness program. (PE.C.1.4.1)</p> <p>2. Explain the importance of a war-up and cool-down period when participating in physical activity.</p> <p>3. Describe the principles of overload, progression, and specificity. (PE.B.1.4.1)</p> <p>4. Give specific examples of how the overload principle can be applied to improve the components of health-related fitness. (PE.B.1.4.1)</p> <p>5. Describe how the health-related components of fitness are improved through the application of the training principles.</p> <p>6. Apply appropriate biomechanical and physiological principles while participating in strenuous exercise and training programs.</p> <p>7. Demonstrate an improved level of health-related fitness as measured by district approved health-related fitness test. (PE.B.1.4.3)</p>	<p>A. The student can demonstrate correct biomechanical and physiological principles related to exercise and training. (PE.B.1.4.2)</p> <p>B. The student can exhibit an improved level of health-related physical fitness. (PE.B.1.4.5)</p> <p>C. The student can identify the correct use of training principles in given exercise program. (PE.B.1.4.2)</p>

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V Cardiorespiratory Fitness	<ol style="list-style-type: none"> 1. Define cardiovascular fitness. (PE.B.1.4.1) 2. Explain the structure and functions of the cardiovascular and respiratory system. 3. Describe the effects of exercise on the function of the heart, circulatory system, and respiratory system. (PE.B.1.4.2) 4. Demonstrate the ability to select and correctly participate in appropriate aerobic activities designed to promote cardiorespiratory fitness. 5. Use the appropriate formula to determine the target heart rate. 6. List and explain the biomechanical principles related to cardiorespiratory activities. (PE.A.2.4.1) 	<ol style="list-style-type: none"> A. The student can identify five benefits of exercise as it related to the cardiovascular system. B. The student can determine his or her target heart rate. (PE.B.1.4.3) C. The student can diagram the cross section of the heart indicating how blood flows through the chambers of the heart to the lungs and other body systems. D. The student can select and perform three aerobic activities designed to promote cardiorespiratory fitness.
VI Flexibility	<ol style="list-style-type: none"> 1. Define flexibility. 2. Explain the importance of incorporating flexibility exercises into overall fitness program. (PE.B.1.2.3) 3. Describe safety considerations to be considered when engaging in flexibility exercises. (PE.B.2.4.1) 4. Apply appropriate safety techniques while engaging in flexibility exercises. 5. Demonstrate the ability to perform a variety of appropriate static and dynamic stretching exercises to increase range of motion of the major muscle groups. 6. List and explain the biomechanical principles related to flexibility. 	<ol style="list-style-type: none"> A. The student can list five benefits derived from participation in appropriate flexibility exercises. B. The student can list and define terms associated with flexibility. C. The student can demonstrate proper techniques used to improve flexibility.

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<p>VII Muscular Strength and Endurance</p>	<p>7. Read selections related to proper stretching techniques</p> <ol style="list-style-type: none"> 1. List and define terms associated with muscular strength and endurance training. (PE.B.1.4.1) 2. Select a variety of appropriate exercises designed to develop strength in the major muscle groups. (PE.B.1.4.2) 3. Select a variety of appropriate exercises designed to develop endurance in the major muscle groups. 4. List and explain the biomechanical principles related to muscular strength and endurance. (PE.A.2.4.2) 5. Identify selected major muscle groups. 	<ol style="list-style-type: none"> A. The student applies correct physiological principles related to muscular endurance and muscular strength activities. (PE.B.1.4.1) B. The student can demonstrate ten exercises designed to develop muscular strength and endurance. C. The student can identify selected major muscle groups.
<p>VIII Body Composition and Weight Control.</p>	<ol style="list-style-type: none"> 1. Compare different methods of determining body fat composition. (PE.B.1.4.6) 2. Describe the relationship of good nutrition to achieve a high level of physical fitness. (PE.A.3.4.7) 3. Compare the use of exercise and diet as individual and combined methods of weight control. 4. Identify medical problems associated with body fat. (PE.A.3.4.1) 5. Describe myths associated with weight control. 	<ol style="list-style-type: none"> A. The student can determine percent body fat for themselves and others. (PE.B.1.4.3) B. The student can describe three appropriate methods of weight control.

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IX Nutrition.	<ol style="list-style-type: none"> 1. Differentiate between facts and fallacies commonly associated with nutritional practices as related to physical activity. (PE.A.3.4.7) 2. List the calorie expenditure for three different activities participated in for specific periods of time. 3. Identify six basic nutrients and understand why the body needs them. 4. Describe the relationship between food and health. 5. Identify health problems that may occur as a result of bad diet decisions about essential nutrients. 6. Plan a weekly balanced diet. 	<ol style="list-style-type: none"> A. The student can apply sound nutritional practices related to physical fitness. B. The student can plan a weekly balanced diet for themselves and others. C. The student can identify three health problems that may occur as a result of bad diet decisions about essential nutrients.
X Stress Management	<ol style="list-style-type: none"> 1. Define stress and selected stress related terms. (PE.A.3.4.2) 2. List and define the different types of stress. 3. Differentiate between positive and negative effects of stress. 4. Identify stressful events common to daily life. (PE.A.3.4.2) 5. Differentiate between positive and negative coping strategies. 6. Demonstrate techniques used in progressive relaxation. 7. List and describe the benefits of various types of physical activities to stress diversion. (PE.A.3.4.2) 	<ol style="list-style-type: none"> A. The student can compare the relationship between physical fitness activities and stress. (PE.A.3.4.2) B. The student can identify three positive and three negative coping strategies. C. The student can demonstrate one method of relaxation. D. The student can define stress and related terminology.

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<p>XI Evaluation of Activities</p>	<ol style="list-style-type: none"> 1. List and describe the contributions of various types of physical activities to the development of the components of health-related fitness. (PE.B.1.4.2) 2. Describe some of the most popular exercise programs. 3. Categorize selected activities on the basis of their contribution to health-related fitness and their requirement for entry level neuromuscular and cardiorespiratory conditioning. (PE.B.1.4.1) 	<p>A. The student can differentiate between various types of physical activities with relation of fitness values.</p>
<p>XII Designing an Exercise Program</p>	<ol style="list-style-type: none"> 1. Identify steps in designing a personal fitness program. (PE.B.1.4.2) 2. Identify motivational strategies that will help keep programs going. 3. Design a personal fitness program that will lead to or maintain an optimal level of fitness. 	<p>A. The student can develop an appropriate fitness program designed to meet individual needs and interests.</p> <p>B. The student can develop a six week individualized fitness program using the health-related components of fitness and proper training principles.</p>
<p>XIII Consumer Issues</p>	<ol style="list-style-type: none"> 1. Differentiate between fact and fad, quackery and fallacies as related to fitness. 2. Evaluate the validity of marketing claims promoting fitness products and services. 3. List and describe consumer issues related to selection, purchase, care and maintenance of personal fitness equipment. 4. List and describe the adverse effects associated with the use of performance altering drugs. 	<p>A. The student can identify five consumer issues related to physical fitness equipment.</p> <p>B. The student can differentiate between fact and fad, quacking and fallacies as related to fitness.</p> <p>C. The student can write a one page summary about the adverse effects associated with the use of performance altering drugs.</p>

PHYSICAL EDUCATION

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XIV Values	1. List common attitudes held by people toward exercise and sports. (PE.C.2.4.1) (PE.C.2.3.4)	A. The student can exhibit a positive attitude toward the importance of physical fitness through the appropriate physical activities for leisure use.