

COMPONENT	OBJECTIVES	COMPETENCY
I Safety Practices	<ol style="list-style-type: none"> 1. Identify and demonstrate safety practices specific to aerobic activities. (PE.B.2.4.1) 2. Describe and demonstrate proper warm-up and cool-down procedures specific to aerobic activities. 3. Identify proper target heart rate ranges. 4. Describe basic injury treatment: rest, ice, compression, elevation. 	<ol style="list-style-type: none"> A. The student can perform a series of stretching exercises that prepare the body for aerobic activities. B. The student can compute his/her target heart rate zones using resting heart rate and age as the base line in determining his/her heart rate during exercise. C. The student can perform a series of designated exercises to lower heart rate progressively and decrease the possibility of muscle soreness.
II Fitness Activity	<ol style="list-style-type: none"> 1. Identify and describe each of the youth physical fitness tests. 2. Identify levels of fitness in relation to criterion standards. 3. Assess individual levels of physical fitness. (PE.A.2.4.3) 4. Interpret fitness assessment results. (PE.B.1.4.2) 	<ol style="list-style-type: none"> A. The student can perform and complete each of the following physical fitness test items (one mile run/walk, one minute sit-ups, shuttle run, pull-ups, sit and reach) and record results. B. The student can assess individual level of physical fitness using nationally norm referenced fitness test items.
III Cardiorespiratory Fitness	<ol style="list-style-type: none"> 1. Describe functions of the cardiovascular and respiratory systems. 2. Describe attributes of aerobic activities which contribute to improved health and cardiorespiratory fitness levels. 3. Describe and demonstrate correct biomechanical and physiological principles related to cardiovascular fitness. (PE.A.2.4.2) 4. Identify health-related problems associated with inadequate cardiorespiratory fitness levels. 	<ol style="list-style-type: none"> A. The student can explain how the blood flows through the chambers of the heart to the lungs and to the body system. B. The student can perform the following: 1) correct movements for specific muscle groups, 2) proper distribution of body parts over base support, 3) proper jogging techniques. C. The student can list five physiological changes that occur as a result of aerobic activities.

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IV Muscular Strength and Endurance	<ol style="list-style-type: none"> 1. Describe the functions of the musculoskeletal systems. 2. Differentiate between muscular strength and muscular endurance. 3. Identify activities that contribute to an increase in muscular strength and muscular endurance of the large muscle groups. 	<ol style="list-style-type: none"> A. The student can name designated large muscle groups and perform exercises that isolate those muscles. B. The student can perform exercises that are specific for the development of: 1) upper body, 2) abdominal and 3) lower body strength.
V Flexibility	<ol style="list-style-type: none"> 1. Describe and demonstrate safety practices when engaging in flexibility exercises. (PE.B.2.4.1) 2. Explain the importance of incorporating flexibility exercises into aerobic training programs. 3. Demonstrate the ability to select a variety of appropriate static and dynamic stretching exercises to increase range of motion for major joints and muscles. 4. Demonstrate flexibility by performing various flexibility tests. 5. Differentiate between the various types of stretches. 	<ol style="list-style-type: none"> A. The student can demonstrate proper flexibility techniques by performing 15 to 30 seconds of static and dynamic stretches for specific large muscle groups. B. The student can score 75% or better on the sit and reach test.
VI Aerobic Programs	<ol style="list-style-type: none"> 1. Identify activities which are considered aerobic. 2. Differentiate between high and low impact aerobics. 3. Demonstrate correct biomechanical and physiological principles related to cardiovascular fitness when performing step aerobics, jogging, walking, and power walking. 	<ol style="list-style-type: none"> A. The student can design, implement, and evaluate a personal aerobic training program that meets personal needs and interests.

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VII Nutrition and Weight Control	<ol style="list-style-type: none"> 1. Identify sound nutritional practices related to aerobic activities. (PE.A.3.4.7) 2. Explain the use of diet and exercise as a method of weight control. 3. Identify methods used to assess percentages of body fat. 	<ol style="list-style-type: none"> A. The student can develop a nutritionally sound dietary programs which will enhance healthy lifestyles. (PE.A.3.4.7) B. The student can calculate caloric intake and caloric expenditure. C. The student can take body fat measurements using a skinfolds caliper.
VIII Stress	<ol style="list-style-type: none"> 1. Define stress and explain the different aspects of stress. (PE.A.3.4.2) 2. Describe the effects that aerobic activities have on stress. 	<ol style="list-style-type: none"> A. The student can list and define signs of stress. B. The student can use aerobic activities as a positive means of coping with stress.
IX Consumer Issues	<ol style="list-style-type: none"> 1. Identify consumer issues related to aerobic activities. 2. Identify available community resources providing opportunities for participation in aerobic activities. (PE.A.3.4.5) 	<ol style="list-style-type: none"> A. The student can distinguish among trends, fads, and fallacies as related to aerobic activities. B. The student can select and purchase aerobic equipment. C. The student can make a wise selection for additional instruction from available community resources.