Standards

1. Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment and assess individual fitness levels.

2. Know and apply the principles and components of health-related fitness.

3. Participate in various types of fitness training programs (e.g., circuit, cross and interval training) and describe the characteristics and benefits of each.

4. Interpret the effects of exercise/physical activity on the level of health-related fitness.

5. Implement an individualized health-related fitness plan that includes the principles of training.

6. Collect and interpret health-related fitness data over a period of time, with and without the use of technology.

7. Prepare an individual health-related fitness profile and evaluate fitness level on each component.

8. Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.

9. Set realistic, long-term, health-related fitness goals based on an individual profile.

10. Evaluate physical fitness services, products and advertising.

11. Understand principles of health promotion and the prevention and treatment of illness and injury.

12. Explain the basic principles of health promotion, illness prevention and safety.

13. Identify how positive health practices and relevant health care can help reduce health risks.

14. Develop team-building skills by working with others through physical activity.

15. Work cooperatively with others to achieve group goals in competitive and non-competitive situations (e.g., challenge course, orienteering).
16. Follow directions and decisions of responsible individuals (e.g., teachers, peer leaders, squad leaders).

17. Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

18. Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.

19. Perform skills efficiently in a variety of leisure activities, sports, creative movement and work-related activities.

20. Analyze various movement patterns for efficiency and effectiveness.

21. Apply the principles of efficient movement to evaluate personal performance.