



HIGH SCHOOL COURSE 3B
Aerobic Activities



High School Courses 1 and 2 are designed to be completed before a student enrolls in High School Course 3B.

STANDARD 1: STUDENTS DEMONSTRATE KNOWLEDGE OF AND COMPETENCY IN MOTOR SKILLS, MOVEMENT PATTERNS AND STRATEGIES NEEDED TO PERFORM A VARIETY OF PHYSICAL ACTIVITIES.

- 1.1 Demonstrate advanced knowledge and skills in two or more aerobic activities...
Category 1: Aerobic dance, Running, Skating, Swimming
Category 2: Cross-country skiing, Cycling, Rowing, Triathlon, Walking
1.2 Identify the characteristics and critical elements of a highly skilled performance in aerobic activities and demonstrate them.
1.3 Apply previously learned movement concepts to the learning and development of the motor skills required for successful participation in aerobic activities.
1.4 Identify and apply the principles of biomechanics necessary for the safe and successful performance of aerobic activities.
1.5 List the safety equipment required for participation in aerobic activities; describe and demonstrate the use of such equipment.
1.6 Demonstrate independent learning of movement skills in aerobic activities.

STANDARD 2: STUDENTS ACHIEVE A LEVEL OF PHYSICAL FITNESS FOR HEALTH AND PERFORMANCE WHILE DEMONSTRATING KNOWLEDGE OF FITNESS CONCEPTS, PRINCIPLES, AND STRATEGIES.

- 2.1 Identify and achieve a personal level of excellence in physical fitness.
2.2 Engage independently in physical activity that increases aerobic capacity.
2.3 Evaluate goal-setting and other strategies as effective tools for maintaining and increasing

- adherence to a personal physical activity program.
2.4 Measure health-related physical fitness periodically and adjust physical activity to achieve fitness goals.
2.5 Identify and explain the positive effects of participation in aerobic activity on personal health.

STANDARD 3: STUDENTS DEMONSTRATE KNOWLEDGE OF PSYCHOLOGICAL AND SOCIOLOGICAL CONCEPTS, PRINCIPLES, AND STRATEGIES THAT APPLY TO THE LEARNING AND PERFORMANCE OF PHYSICAL ACTIVITY.

- Self Responsibility
3.1 Engage independently in aerobic activities.
3.2 Develop personal goals to improve performance in aerobic activities.
3.3 Compare and contrast the effective leadership skills used in aerobic activities and those used in other physical activities.
3.4 Identify and analyze aerobic activities that enhance both personal enjoyment and the challenge.
3.5 Evaluate the risks and safety factors that may affect participation in aerobic activities throughout a lifetime.

- Social Interaction
3.6 Invite others to join aerobic activity.
3.7 Explain how to select and modify aerobic activities to allow for participation by younger children, the elderly, and individuals with special needs
3.8 Analyze the role of social interaction in the successful participation in and enjoyment of aerobic activities.

- Group Dynamics
3.9 Accept and perform planned and spontaneous leadership assignments and roles in aerobic activities.
3.10 Analyze the role that cooperation and leadership play in aerobic activities.
3.11 Engage in aerobic activities both in school and outside school.