

PEN301: PE-Activity and Nutrition (2012-2013)

CURRICULUM PROGRAM: Physical Education

COURSE TITLE: PE-Activity and Nutrition

CALENDAR YEAR: 2012-2013

GRADE LEVEL: 9-12

CODE: PEN301

TYPE: GP

CREDITS:

COURSE LENGTH: 18 weeks

Major Concepts/Content: This one semester physical activity and nutrition course is required for graduation. This course provides a variety of opportunities for students to experience alternative, non-competitive physical activities and nutrition concepts. It is designed to enable students in grades nine through twelve to develop the movement skill and fitness readiness and conceptual knowledge necessary to implement a doable personal physical activity and nutrition plan. Students participate in non-competitive physical activity and meal planning with pre and post physical activity and nutrition assessments. Students access information, obtain and analyze data, and develop their own personal physical activity and nutrition plan.

Major Instructional Activities: This non-competitive, alternative activity-based instructional program is designed to engage students in problem solving and decision making to meet their personal physical activity and nutrition interests and needs. Students will complete a personal/group physical activity and nutrition learning project that will include: a demonstration of the knowledge and readiness skills needed to participate in a selected alternative, non-competitive physical activity; a demonstration of conditioning activities that develop the basic fitness qualities needed for the activity; self-assessment of readiness to perform the activity; analysis of energy expenditure; caloric need and weight management as they relate to the physical activity; evaluation and adjustment of physical activity to achieve enjoyment and health benefits; and, use of community resources. Individual Non-Competitive Yoga | Pilates | Spinning | Tai Chi | Step Aerobics | Aquatics / Pool Rhythmic Dance | Dance Dance Revolution Outdoor Biking | Hiking | Walking | Canoeing | Fishing | Kayaking | Climbing | Skiing | Orienteering | Skating | Equestrian

Major Evaluative Techniques: Multiple assessment strategies are used to enable students to demonstrate their physical activity and nutrition management skills and conceptual knowledge; e.g., pre-post tests, checklists, written summaries, activity logs, meal diaries, selected and constructed response tests, authentic performance tasks (physical activity and nutrition project/plan), and self and peer assessments.