

## PEF301: PE-Personal Fitness (2012-2013)

**CURRICULUM PROGRAM:** Physical Education

**COURSE TITLE:** PE-Personal Fitness

**CALENDAR YEAR:** 2012-2013

**GRADE LEVEL:** 9-12

**CODE:** PEF301

**TYPE:** GP

**CREDITS:**

**COURSE LENGTH:** 18 weeks

**Major Concepts/Content:** This semester course, which is required for graduation, is designed to enable students in grades nine through twelve to develop the conceptual knowledge to make personal physical fitness decisions and the movement skill competency to achieve and maintain health-related physical fitness capabilities for a lifetime. Developmentally appropriate concepts of movement, physical fitness, and personal and social development are included in this course. Students apply appropriate information and problem solving that will help them achieve and maintain an optimal level of physical fitness, consistent with personal goals. The course focuses on why fitness is important; the need to balance nutrition and physical activity; assessment of personal exercise and activity needs and interests; proper posture and training techniques for flexibility, aerobic fitness, strength and endurance; and exercise safety.

**Major Instructional Activities:** Instruction is activity-based to engage students' in the development and maintenance of personal lifelong health-related physical fitness. Students participate in research, discussions, skill- and health-related physical fitness self- and peer-assessment, formal pre and post health-related physical fitness assessment, data analysis, goal setting, and development of a personal fitness plan.

**Major Evaluative Techniques:** Multiple assessment strategies are used to enable students to develop their personal skill- and health-related physical fitness capabilities; e.g., observations, checklists, analysis of data, goal setting and planning, written summaries, authentic performance tasks, activity logs, selected and constructed response tests, and product assessment by the teacher, self, and peers. The approved DoDEA Physical Fitness Education and Assessment program is implemented in this course. It is important that the results (raw data/scores) obtained through the performance tests of physical fitness are used to determine appropriate personal goals and student achievement of personal goals and not as grading criteria for this course. Students are graded on what they know and are able to do as a result of the learning that has occurred during the course.