HEALTH AND PHYSICAL EDUCATION
LEVEL III

Counselors are available to assist parents and students with course selections and career planning. Parents may arrange to meet with the counselor by calling the school’s guidance department.

COURSE DESCRIPTION
This course is designed to encourage students to maintain a physically active lifestyle. Emphasis will be placed on understanding the relationship of movement and fitness principles to improved sports performance and fitness. Focus areas include weight training and conditioning, individual sports, team sports, and dance.

PREREQUISITE
Health and Physical Level II

OPTION FOR NEXT COURSE
Health and Physical Level IV
Anatomy and Sports Injury

REQUIRED STUDENT TEXTBOOK
None
PHYSICAL EDUCATION
LEVEL III

11.1 Demonstrate proficiency in movement skills to successfully engage in one outdoor field
sport and one indoor court sport.
11.2 Demonstrate proficiency in movement skills to successfully engage in a rhythmic aerobic
activity.
11.3 Demonstrate proficiency in sport-specific skills in physical activity.
11.4 Critique sports performance and concepts that improve the performance of self.
11.5 Analyze the laws of motion, principles of balance, and force and leverage apply to
individual sports performance.
11.6 Be able to modify physical activity participation according to personal and environmental
variables.
11.7 Improve personal wellness level through increased activity.
11.8 Demonstrate sports specific stretches as it relates to the intensity of the activity.
11.9 Assess the appropriate amount of cool down required for a specific level of participation.
11.10 Apply advanced skilled movement in individual and team activities.
11.11 Complete a health-related fitness test in order to evaluate personal fitness levels on each
fitness component (cardiovascular, muscular strength and endurance, flexibility, and body
composition).
11.12 Independently design and implement a personal physical fitness plan in order to meet
personal standards on a health-related fitness test or provide for improvement/maintenance
of wellness
11.13 Independently apply the FITT principle and other principles of training (overload,
specificity, and progression) to monitor and adjust activity levels to meet personal fitness
goals
11.14 Participate regularly in health-enhancing activities outside of the school setting.
11.15 Exhibit leadership and the ability to follow others when working with a group.
11.16 Play specific positions of offense and defense in a sport
11.17 Initiate and maintain appropriate personal behaviors in the physical activity settings.
11.18 Anticipate and avoid potentially dangerous situations in the physical education settings.
11.19 Comply with the code of conduct for spectators and participants.