



**Health and Physical Education**

**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.