

AEROBIC CONDITIONING II - ESSENTIAL CURRICULUM

NATIONAL STANDARDS FOR PHYSICAL EDUCATION

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

A physically educated person:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

National Association for Sport and Physical Education. (2004). *Moving into the future: National standards for physical education* (2nd ed.). Reston, VA: Author.

GENERAL DESCRIPTIONS OF THE CONTENT STANDARDS

Goal 1. The student will demonstrate the ability to use competency in various methods of aerobic conditioning and weight training.

Objectives - The students will be able to:

- a. Demonstrate an understanding of the advantages and disadvantages of various aerobic conditioning and weight training programs.
- b. Apply the training principles of overload, progression, and specificity to aerobic conditioning programs.
- c. Demonstrate the skills to participate in a variety of aerobic conditioning and weight training activities.

Goal 2. The student will demonstrate the ability to understand the basic physiology of exercise, muscle function, proper nutrition, and weight management.

Objectives - The students will be able to:

- a. Demonstrate an understanding of how the circulatory and respiratory systems work together and the effects of exercise on these systems.
- b. The students will be able to differentiate among agonist, antagonist, and stabilizer muscles.
- c. Describe the structure of skeletal muscles and the characteristics of fast twitch and slow twitch muscle fibers.
- d. Analyze the relationship between nutrition, aerobic exercise, weight training, and weight management theories.

Goal 3. The student will demonstrate the ability to apply safety guidelines and proper technique to specific training activities.

Objectives - The students will be able to:

- a. Demonstrate safe practices and behaviors for the weight room and other aerobic fitness activities.
- b. Exhibit wise consumer choices when confronted with issues of nutritional supplements, steroids, and other ergogenic aids.
- c. Demonstrate the ability to enhance their performance and the performance of others in a variety of aerobic conditioning activities.

Goal 4. The student will demonstrate the ability to apply training theories to daily workouts.

Objectives - The students will be able to:

- a. Design and implement personal fitness plans based on assessment results and previously established personal goals.
- b. Participate daily in all aspects of the aerobic conditioning program.
- c. Maintain records including long term and short term goals, work out logs, and fitness test results.
- d. Develop an individual nutritional plan.

Goal 5. The student will demonstrate the ability to use responsible personal and social behavior in the physical activity settings.

Objectives - The students will be able to:

- a. Follow safe practices, rules, procedures, and etiquette in the physical activity setting.
- b. Model a mature and positive attitude while participating in aerobic conditioning and weight training activities.
- c. Participate successfully in a group with a wide range of diverse members in order to accomplish group goals.

Goal 6. The student will demonstrate the ability to explain how aerobic exercise and resistance training provide opportunities for enjoyment, challenge, self-expression, and social interaction.

Objectives - The students will be able to:

- a. Enjoy regular participation in a variety of aerobic conditioning and weight training activities.
- b. Pursue new individual and group aerobic activities.

Goal 7. The student will demonstrate the ability to achieve and maintain a health-enhancing level of physical fitness.

Objectives - The students will be able to:

- a. Assess and record personal fitness status.
- b. Construct an individual physical fitness plan that supports lifelong benefits of fitness.