

Physical Education 9-12

Syllabus

Course Description:

Physically educated students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. Lifetime Wellness is a holistic approach to health and lifetime physical activities in Tennessee high schools. This approach to total wellness encompasses the physical, mental, social, and emotional well-being of the individual.

Standards:

1. Motor Skills and Movement Patterns:

-A physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

2. Cognitive Concepts:

-The student will demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

3. Active Lifestyle:

-The student will participate regularly in physical activity.

4. Health Related Physical Fitness:

- The student will achieve and maintain a health-enhancing level of physical fitness.

5. Personal and Social Behavior

- The student will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

6. Affective Concepts:

-The student will value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Resources:

Action for Healthy Kids (www.actionforhealthykids.org) American Association of Health, Physical Education, Recreation, and Dance (www.aahperd.org) American College of Sports Medicine (www.acsm.org) American Heart Association (www.americanheart.org) 15 Center For Disease Control (www.cdc.gov) CNN News Health Section (www.cnn.com/HEALTH/index.html) Cooper Institute for Aerobic Research (www.cooperaerobics.com) Cooper Wellness (www.cooperwellness.com) Delavier, Frederic. Strength Training Anatomy. "Human Kinetics", 2001. Discovery Health (www.discovery.health.com) Fitness Central (www.fitnesscentral.com) Fitness Link—The Health & Fitness Source (www.fitness.com) Gallagher-Mundy, Chrissie. Exercise Ball for Beginners. Harper Collins Publishers, 2004 Get Active, Stay Active (www.getactivestayactive.com) Health Teacher (www.healthteacher.com) Healthy Kids (www.healthykids.com) How Stuff Works—Your Body (www.howstuffworks.com/category.htm?cat=Body) National Association for Sport and Physical

Education (www.aahperd.org/naspe-main.html) National Institute of Health (www.nih.gov) National Wellness Institute (www.wellnesswi.org) PE Central (www.pecentral.com) PE Links 4 You (www.pelinks4u.org) Sport Specific (www.sportsspecific.com) Surgeon General's Report (www.cdc.gov/nccdphp/sgr/ataplan.html) Tennessee Association for Health, Physical Education, Recreation, and Dance (www.tahperd.us) The Physician & Sports Medicine (www.physsportsmed.com) The Teacher's Corner (www.theteacherscorner.net)