### Course Objective(s)
- Assess personal levels of fitness, motor fitness, sport skill, and movement qualities.
- Execute a personal program for improvement or maintenance of designated components of physical fitness, motor fitness, sport skill, and movement qualities.
- Describe and discuss the health benefits of a fitness program and the effects of training on the functioning of the body.
- Identify and describe the various components of physical fitness, motor fitness, sport skill and movement qualities to a variety of sports and movement forms.
- Be able to implement a plan for weight control.
- Describe how nutrition plays a role in personal fitness.

### Accomplished Practice(s)
(a).3.d; (a).3.e

### Professional Education Competencies/Skills
2.2;

### Subject Area Content Standards
6.1; 6.3; 6.5; 6.6; 6.8; 6.9;

### Other elements of the Uniform Core Curriculum (Course Level)
b. Math computational skills acquisition and measures to improve P-12 computational performance.
k. Write and speak in a logical and understandable style with appropriate grammar.

### Standards

<table>
<thead>
<tr>
<th>Standards</th>
<th>Mastery (3 points)</th>
<th>Proficient (2 points)</th>
<th>Limited (1 point)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructional Delivery and Facilitation FEAP (a).3.d</td>
<td>In the Fitness Unit Plan the candidate demonstrated mastery knowledge in identifying all preconceptions or misconceptions. The candidate successfully modified instruction to respond to all the preconceptions and misconceptions.</td>
<td>In the Fitness Unit Plan the candidate demonstrated knowledge in identifying some preconceptions or misconceptions. The candidate modified instruction to respond to the preconceptions and misconceptions.</td>
<td>In the Fitness Unit Plan the candidate failed to demonstrate knowledge in identifying preconceptions or misconceptions. The candidate failed to modify instruction to respond to the preconceptions and misconceptions.</td>
</tr>
<tr>
<td>Instructional Delivery and Facilitation FEAP (a).3.e</td>
<td>In the Fitness Unit Plan the candidate demonstrated mastery knowledge of identifying and recognizing opportunities to relate and integrate the subject matter with other disciplines and life experiences.</td>
<td>In the Fitness Unit Plan the candidate demonstrated sufficient knowledge of identifying and recognizing opportunities to relate and integrate the subject matter with other disciplines and life experiences.</td>
<td>In the Fitness Unit Plan the candidate failed to demonstrate knowledge of identifying and recognizing opportunities to relate and integrate the subject matter with other disciplines and life experiences.</td>
</tr>
<tr>
<td>Subject Area Content Standards Physical Education K-12 Section 63</td>
<td>In the Fitness Unit plan, candidate demonstrates mastery knowledge of the importance of lifetime health, wellness, and physical fitness.</td>
<td>In the Fitness Unit plan, candidate demonstrates sufficient knowledge of the importance of lifetime health, wellness, and physical fitness.</td>
<td>In the Fitness Unit plan, candidate demonstrates no knowledge of the importance of lifetime health, wellness, and physical fitness.</td>
</tr>
</tbody>
</table>