

**EL DORADO UNION HIGH SCHOOL DISTRICT
EDUCATIONAL SERVICES
Course of Study Information Page**

COURSE TITLE Advanced Physical Education		
DISTRICT COURSE NUMBER 0274		4-DIGIT STATE COURSE CODE (COMPLETED BY SILT) 2512
Rationale:	This course is designed to give the students the opportunity to continue their physical education experience on an advanced and personal level. This course is aligned with the NASPE National Standards for Physical Education.	
Course Description that will be in the Course Directory:	Advanced Physical Education is an elective class to attract students to pursue a personalized fitness-training program based on their needs. All students will participate in health and skill related components of health. Students will also receive information on diet analysis, performance nutrition, and creating a personal training program.	
How Does this Course align with or meet State and District content standards?		
NCLB Core Subjects:	<i>Select up to two that apply:</i> <input type="checkbox"/> Arts <input type="checkbox"/> Civics and Government <input checked="" type="checkbox"/> Not Core Subject <input type="checkbox"/> Economics <input type="checkbox"/> History <input type="checkbox"/> English <input type="checkbox"/> Mathematics <input type="checkbox"/> Foreign Language <input type="checkbox"/> Reading / Language Arts <input type="checkbox"/> Geography <input type="checkbox"/> Science	
CDE CALPADS Course Descriptions: (See Page 2 for Definitions)	CTE TECH PREP COURSE INDICATORS <input type="checkbox"/> Tech Prep (32) (Higher Ed) <input type="checkbox"/> Tech Prep & ROP(33) (Higher Ed) <input type="checkbox"/> ROP (30) <input checked="" type="checkbox"/> N/A	CTE COURSE CONTENT CODE <input type="checkbox"/> CTE Introductory (01) <input type="checkbox"/> CTE Concentrator (02) <input type="checkbox"/> CTE Completer (03) <input type="checkbox"/> Voc Subject <input checked="" type="checkbox"/> N/A
		INSTRUCTIONAL LEVEL CODE <input type="checkbox"/> Remedial (35) <input type="checkbox"/> Honors UC-Certified (39) <input type="checkbox"/> Honors Non UC-Certified (34) <input type="checkbox"/> College (40) <input checked="" type="checkbox"/> N/A
Length of Course:	X Year X Semester	
Grade Level(s):	<input type="checkbox"/> 9 <input type="checkbox"/> 10 X 11 X 12	
Credit:	X Number of credits: 5 per semester X Meets graduation requirements (subject Physical Education) <input type="checkbox"/> Request for UC "a–g" requirements CSU/UC requirement	<input type="checkbox"/> College Prep
Prerequisites:	Instructor approval, Life Fitness 1, Life Fitness 2	
Department(s):	Health/ Physical Education	
District Sites:	EDHS, ORHS, PHS, UMHS, IHS	
Board of Trustees COS Adoption Date:	June 8, 2015	
Textbooks / Instructional Materials:	Supplemental Materials	
Funding Source:	N/A	
Board of Trustees Textbook Adoption Date:	N/A	

Definitions

CALPADS	California Longitudinal Pupil Achievement Data System
CTE Technical Prep	A course within a CTE technical career pathway or program that has been articulated with a postsecondary education or through an apprenticeship program of at least 2 years following secondary instruction.
Instructional Level Code	Represents a nonstandard instructional level at which the content of a specific course is either above or below a 'standard' course instructional level. These levels may be identified by the actual level of instruction or identified by equating the course content and level of instruction with a state or nationally recognized advanced course of study, such as IB or AP.
Instructional Level Honors, UC Certified	Includes all AP courses.
Instructional Level Honors, non UC Certified	Requires Board approval.
Instructional Level College	Includes ACE courses. Equivalent to college course and content, but not an AP course. Not related to section, but to course.

EDUCATIONAL SERVICES

Course Title:

TABLE OF CONTENTS

<u>UNIT</u>	<u>UNIT TITLE</u>	<u>PAGE</u>
UNIT 1:	Personal Profile	4
UNIT 2:	Health and Skill Related Training	6
UNIT 3:	Personal Workout	8
UNIT 4:	Technology	10

EDUCATIONAL SERVICES

Department: **Health/ Physical Education**

Course Title: **Advanced Physical Education**

Course
Number:

0274

Unit Title: Personal Profile

Content Area Standards

A physically educated student:

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Unit Outline:

The students will engage in a personal profile where health and skill related components of fitness are recorded, and safety components will be taught.

The students will:

- Engage in pretests in muscular strength, muscular endurance, body composition, cardiovascular endurance, and postural alignment.
- Set and record personal fitness goals.

Instructional Strategies:

- Pretests will be recorded (to be compared with post-tests later).
- Modifications will be made for special need students.
- Goal setting techniques (including short, intermediate and long term. Possible obstacles and solutions to those obstacles).
- Journal keeping for current assessment of all goals.

Assessments: Describe the Formative and Summative assessments that will be used to demonstrate learning and mastery of the standards.

May include, but not limited to:

Formative

- Standard 3: Instructor will observe individual student's ability to demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4: Instructor will observe, daily, individual student's ability to exhibit responsible personal and social behavior that respects self and others.

Summative

- Standard 3: Upon completion of each unit, students will submit a written personal profile consisting of evaluation of individual goals, data from daily workouts, and data from pretests and posttests.
- Standard 4: Students will complete a physical and written test that demonstrates their ability to work individually and with others. Points of emphasis will include spatial awareness, proper spotting technique, and communication with others.

Interventions: Describe methods used to support students who fail to master unit Formative and Summative assessment

May include, but not limited to:

- Standard 3: Formative Assessment: Teacher will provide individual instruction using physical demonstration, written, verbal, and video feedback.
- Standard 3: Summative Assessment: Instructor will allow students to correct and resubmit the written portion of the personal profile if necessary.
- Standard 4: Formative Assessment: Teacher will provide individual instruction using physical demonstration, written, verbal, and video feedback.
- Standard 4: Summative: Teacher will provide direct instruction using physical demonstration, written, verbal, and video feedback.

EDUCATIONAL SERVICES

Department: **Health/ Physical Education**

Course Title: **Advanced Physical Education**

Course
Number:

0274

Unit Title: Health and Skill Related Training

Content Area Standards

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Unit Outline:

The student will learn how to improve in both health and skill related components of fitness.

- Learn how to lift weights correctly and safely.
- Expand their knowledge in the use and performance of alternative strength training activities.
- Experience how to improve speed, agility, balance, reaction time, coordination and power (skill related components).
- Experience how to improve flexibility, muscular strength and endurance.
- Experience the differences of aerobic and anaerobic activities.

Instructional Strategies:

- Participate in core, and functional strength lifts according to NSCA and USA weightlifting techniques and skills.
- Participate in the use of the latest techniques including both single joint and multiple joint movements.
- Participate in the use of the latest techniques including both single joint and multiple joint movements (i.e. plyometric exercises).
- Participate in dynamic and static stretching, use of the latest techniques including both single joint and multiple joint movements.
- Participation in various activities (sprints, lifts, runs, and exercises) from each type of activity.

Assessments: Describe the Formative and Summative assessments that will be used to demonstrate learning and mastery of the standards.

May include, but not limited to:

Formative

- Standard 1: Instructor will observe and analyze the techniques, movements, and skills of students performing a variety of motor skills and movement patterns.
- Standard 2: Instructor will provide daily feedback in the form of tests, quizzes, and/or class discussion in regards to knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 3: Instructor will observe individual student's ability to demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4: Instructor will observe, daily, individual student's ability to exhibit responsible personal and social behavior that respects self and others.,
- Standard 5: Instructor will hold class discussions based on the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Summative

- Standard 1: Students will perform a physical skills test and/or complete a written exam on a variety of techniques, motor skills, and movement patterns.
- Standard 2: Students will perform a physical skills test and/or complete a written exam on the concepts, principles, strategies, and tactics related to movement and performance.
- Standard 3: Instructor will observe individual student's ability to demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4: Standard 4: Instructor will observe, daily, individual student's ability to exhibit responsible personal and social behavior that respects self and others.
- Standard 5: Students will write a personal reflection that demonstrates competency of the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Interventions:

May include, but not limited to:

- Standard 1: Formative: Instructor will reteach and retest students who display deficiencies in technique, motor skills, and movement patterns.
- Standard 1 Summative: Instructor will reteach and retest students who display deficiencies in technique, motor skills, and movement patterns.
- Standard 2: Formative: Students who have not met the standard will be given the opportunity to collaborate with students who have proven to be proficient.
- Standard 2: Formative: Students who have not met the standard will be given the opportunity to collaborate directly with the instructor and be eligible to retest.
- Standard 3: Formative Assessment: Teacher will provide individual instruction using physical demonstration, written, verbal, and video feedback.
- Standard 3: Summative Assessment: Instructor will allow students to correct and resubmit the written portion of the personal profile if necessary.
- Standard 4: Formative Assessment: Teacher will provide individual instruction using physical demonstration, written, verbal, and video feedback.
- Standard 4: Summative: Teacher will provide direct instruction using physical demonstration, written, verbal, and video feedback.
- Standard 5: Formative: Students will be given the opportunity to verbally express the positives and negatives based on their personal experience with physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
- Standard 5: Summative: Students who demonstrate difficulty with written reflection will be given the opportunity to verbally reflect on the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

EDUCATIONAL SERVICES

Department: **Health/ Physical Education**

Course Title: **Advanced Physical Education**

Course Number: **0274**

Unit Title: Personal Workout

Content Area Standards

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Unit Outline:

After appropriate participation of various activities each student will produce a personalized conditioning program based on their specific needs.

- Learn and adapt other exercises.
- Apply biomechanics to various exercises.
- Adhere to safety procedures.
- Appreciate how other people train.
- Solve various problems as a group.
- Be aware of symptoms and pitfalls of overtraining.

Instructional Strategies:

- Students will adapt a functional exercise for their workout.
- Use of principles to improve performance.
- Continual monitoring of improvement of exercises (lifts, runs, times, etc.).
- Work with partners in spotting and self-evaluation of limits of their bodies.
- Students will share at least one exercise they personalize for their workout.
- Calculation of power output of strength related exercises.
- Partner spotting.
- Lecture of symptoms.

- Self-assessment and self-awareness of body through journal keeping.
- Participate in other lifelong activities.

Assessments: Describe the Formative and Summative assessments that will be used to demonstrate learning and mastery of the standards.

May include, but not limited to:

Formative

- Standard 1: Instructor will observe and analyze the techniques, movements, and skills of students performing a variety of motor skills and movement patterns.
- Standard 2: Instructor will provide daily feedback in the form of tests, quizzes, and/or class discussion in regards to knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 3: Instructor will observe individual student's ability to demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4: Instructor will observe, daily, individual student's ability to exhibit responsible personal and social behavior that respects self and others.,
- Standard 5: Instructor will hold class discussions based on the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Summative

- Standard 1: Students will perform a physical skills test and/or complete a written exam on a variety of techniques, motor skills, and movement patterns.
- Standard 2: Students will perform a physical skills test and/or complete a written exam on the concepts, principles, strategies, and tactics related to movement and performance.
- Standard 3: Instructor will observe individual student's ability to demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4: Standard 4: Instructor will observe, daily, individual student's ability to exhibit responsible personal and social behavior that respects self and others.
- Standard 5: Students will write a personal reflection that demonstrates competency of the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Interventions: Describe methods used to support students who fail to master unit Formative and Summative assessments.

May include, but not limited to:

- Standard 1: Formative: Instructor will reteach and retest students who display deficiencies in technique, motor skills, and movement patterns.
- Standard 1 Summative: Instructor will reteach and retest students who display deficiencies in technique, motor skills, and movement patterns.
- Standard 2: Formative: Students who have not met the standard will be given the opportunity to collaborate with students who have proven to be proficient.
- Standard 2: Summative: Students who have not met the standard will be given the opportunity to collaborate directly with the instructor and be eligible to retest.
- Standard 3: Formative Assessment: Teacher will provide individual instruction using physical demonstration, written, verbal, and video feedback.
- Standard 3: Summative Assessment: Instructor will allow students to correct and resubmit the written portion of the personal profile if necessary.
- Standard 4: Formative Assessment: Teacher will provide individual instruction using physical demonstration, written, verbal, and video feedback.
- Standard 4: Summative: Teacher will provide direct instruction using physical demonstration, written, verbal, and video feedback.
- Standard 5: Formative: Students will be given the opportunity to verbally express the positives and negatives based on their personal experience with physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
- Standard 5: Summative: Students who demonstrate difficulty with written reflection will be given the opportunity to verbally reflect on the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

EDUCATIONAL SERVICES

Department: **Health/ Physical Education**

Course Title: **Advanced Physical Education**

Course
Number:

0274

Unit Title: Technology

Content Area Standards

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Unit Outline:

The students will:

- Find at least one new functional exercise from an internet site.
- Analyze a specific biomechanical movement.

Instructional Strategies:

- Explore given sites to find a new functional exercise to be incorporated into their fitness plan.
- Videotaping and evaluation of a specific movement.
- Computer analysis of a specific movement with software (Coach's Eye).

Assessments: Describe the Formative and Summative assessments that will be used to demonstrate learning and mastery of the standards.

May include, but not limited to:

Formative

- Standard 1: Instructor will observe and analyze the techniques, movements, and skills of students performing a variety of motor skills and movement patterns through video and/or media applications.
- Standard 2: Instructor will provide daily feedback through video and other media applications in regards to knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 5: Instructor will incorporate various forms of technology to hold class discussions based on the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Summative

- Standard 1: Students will use video and/or media applications to show proficiency on a variety of

techniques, motor skills, and movement patterns.

- Standard 2: Students will perform a physical skills test utilizing various forms of technology.
- Standard 5: Students will develop a digital presentation based on their personal reflection that demonstrates competency of the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Interventions: Describe methods used to support students who fail to master unit Formative and Summative assessments.

May include, but not limited to:

- Standard 1: Formative: Instructor will reteach and retest students who display deficiencies in technique, motor skills, and movement patterns.
- Standard 1 Summative: Instructor will reteach and retest students who display deficiencies in technique, motor skills, and movement patterns.
- Standard 2: Formative: Students who have not met the standard will be given the opportunity to collaborate with students who have proven to be proficient.
- Standard 2: Summative: Students who have not met the standard will be given the opportunity to collaborate directly with the instructor and be eligible to retest.
- Standard 5: Formative: Students will be given the opportunity to verbally express the positives and negatives based on their personal experience with physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
- Standard 5: Summative: Students who demonstrate difficulty with digital reflection will be given the opportunity to verbally reflect on the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.