

# Physical Education I

## Foundations of Personal Fitness

**Time on Task:** 3.5 hours per week

### Course Philosophy:

Physical education teaches students to make wise choices about the care and fitness of the body as the temple of God. Students learn to treat others with love and respect in Christian sportsmanship and acquire an understanding of competition in the light of God’s word. God wants us to find, develop and use our gifts to serve and glorify His name (I Corinthians 12:1-11)

### Course Description:

In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout the life span.

<p><b>Goals and Objectives</b>  <b>Texas Essential Knowledge and Skills (TEKS)</b></p> <p><b>§116.52. Foundations of Personal Fitness.</b></p> <p><b>(a) General requirements.</b> This course is the recommended prerequisite for all other physical education courses.</p> <p><b>(b) Introduction.</b></p> <p>(1) In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. The student exhibits a physically-active lifestyle and understands the relationship between physical activity and health throughout the lifespan.</p> <p>(2) Foundations of Personal Fitness represents a new approach in physical education and the concept of personal fitness. The basic purpose of this course is to motivate students to strive for lifetime personal fitness with an emphasis on the health-related components of physical fitness. The knowledge and skills taught in this course include teaching students about the process of becoming fit as well as achieving some degree of fitness within the class. The concept of wellness, or striving to reach</p>	<p><b>Scope and Sequence</b>  <u><b>Five for Life Advanced Program</b></u>  <b>Five Components of Fitness</b></p> <ul style="list-style-type: none"> <li>• Five for Life             <ul style="list-style-type: none"> <li>○ Five for Life</li> <li>○ Training Principles</li> </ul> </li> </ul> <p><b>Health</b></p> <ul style="list-style-type: none"> <li>• Healthy Habits for Life             <ul style="list-style-type: none"> <li>○ Activity</li> <li>○ Nutrition</li> <li>○ Sleep</li> <li>○ Hydration</li> </ul> </li> </ul> <p><b>Systems for Movement</b></p> <ul style="list-style-type: none"> <li>• Cardiorespiratory System             <ul style="list-style-type: none"> <li>○ Cardiorespiratory System for Life</li> </ul> </li> <li>• Skeletal System/ Muscular System             <ul style="list-style-type: none"> <li>○ Bones and Muscles for Life</li> </ul> </li> </ul>	<p><b>Spiritual Goals</b>  <b>God’s intended purpose for physical education:</b></p> <ol style="list-style-type: none"> <li>1. To understand that physical achievement and fitness is of value to God and evident in Scripture.</li> <li>2. To develop an appreciation for athletic competition by realizing it provides many pictures of the Christian life. <i>“Not that I have already attained, or am already perfected; but I press on, that I may hold of that for which Christ Jesus has also laid hold of me...I press toward the goal for the prize of the upward call of God in Jesus Christ.”</i></li> <li>3. To realize the value of teamwork through consideration of others.</li> <li>4. To be able to accept criticism and profit by it.</li> <li>5. To have the ability to lose gracefully.</li> </ol>
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<p>optimal levels of health, is the corner stone of this course and is exemplified by one of the course objectives-students designing their own personal fitness program.</p>	<p><b>Fitness Related Activities</b></p> <ul style="list-style-type: none"> <li>• Functional and Circuit Training <ul style="list-style-type: none"> <li>○ Functional Training</li> <li>○ Circuit Training</li> </ul> </li> <li>• Heart Rate Monitors <ul style="list-style-type: none"> <li>○ Heart Health Activity Diamond</li> </ul> </li> <li>• Pedometers <ul style="list-style-type: none"> <li>○ Steps for Life</li> </ul> </li> <li>• Fitness Measurements <ul style="list-style-type: none"> <li>○ Fitness Measurements</li> </ul> </li> <li>• Goal Setting <ul style="list-style-type: none"> <li>○ Goal Setting for Life</li> </ul> </li> </ul> <p><b>Wellness</b></p> <ul style="list-style-type: none"> <li>• Lifetime Activities</li> <li>• Safety</li> <li>• Leadership/Cooperation</li> <li>• Individual/Team Sports Lifetime Activities</li> </ul> <p><b><u>Physical Education</u></b> <b><u>Teacher’s Book of Lists</u></b> <b>Goals</b></p> <ul style="list-style-type: none"> <li>• Definition of a Physically Educated Person</li> <li>• Objectives of Physical Education</li> <li>• Content Standards in Physical Education</li> <li>• Skills Desired by Fortune too Companies</li> <li>• Basic Physical Education Program Content</li> <li>• Maslow’s Hierarchy of Needs</li> </ul>	<ol style="list-style-type: none"> <li>6. To know that self-discipline and persistence is essential for success.</li> <li>7. To understand that obedience to the rules of the game must be learned.</li> <li>8. To recognize that God sets standards for our activities that are distinct from the secular world.</li> <li>9. To appreciate that God expects us to look after our bodies He has given us by keeping ourselves pure.</li> <li>10. To appreciate and develop the physical gifts and abilities God has given us and to understand that all gifts, physical and spiritual, come from God. God wants us to find, develop, and use our gifts to serve and glorify His name.</li> </ol> <p><b>Biblical Integration Truth Statements</b></p> <ol style="list-style-type: none"> <li>1. <i>What is prime reality, the really real?</i> God exists and is the ultimate reality. (Psalm 90:2, Revelation 22:13) <ol style="list-style-type: none"> <li>a. God designed, created, and sustains His creation. (Genesis 1:1-31)</li> <li>b. God is good, holy, and loving. (Luke 18:19, 1 John 4:16, 1 Peter 1:16, Psalm 145:12)</li> <li>c. God is omniscient – all knowing. (Romans 11:33-36, Psalm 147:5)</li> <li>d. God is sovereign – nothing is beyond His ultimate interest, control, and authority. (Daniel 4:25)</li> <li>e. God is personal and also triune-</li> </ol> </li> </ol>
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	<ul style="list-style-type: none"> <li>• Human Body Types</li> <li>• Stages of Human Development</li> <li>• Physical Education Career Opportunities</li> <li>• Federal Statutes Prohibiting Discrimination in Education</li> <li>• Laws Pertaining to Adapted Physical Education</li> <li>• Disabilities Covered Under Section 504 of the Rehabilitation Act of 1973</li> <li>• Objectives of Adapted Physical Education</li> <li>• Modification of Activities for Adapted Physical Education</li> </ul> <p><b>Games</b></p> <ul style="list-style-type: none"> <li>• Archery</li> <li>• Badminton</li> <li>• Baseball</li> <li>• Basketball</li> <li>• Bocce</li> <li>• Bowling</li> <li>• Dance</li> <li>• Fencing</li> <li>• Field Hockey</li> <li>• Ten Benefits of Regular Exercise (Fitness)</li> <li>• Keeping children Physically Fit – Tips for Parents</li> <li>• Facts about Warming Up and Cooling Down</li> </ul>	<p>He is coequally and coeternally God the Father, God the Son, Jesus, and God the Holy Spirit. (Hebrews 1:3)</p> <p><b>2. <i>What is the nature of external reality, that is, the world around us?</i></b></p> <ol style="list-style-type: none"> <li>a. God is the source of everything and created the universe out of nothing. (Genesis 1:1)</li> <li>b. The universe was created by God to be orderly. (Isaiah 45:18, Psalm 147:4)</li> <li>c. God is constantly involved in the unfolding pattern of the ongoing operation of the universe. (Psalm 24:1-2, Psalm 32:13-15)</li> <li>d. The universe reflects His glory. (Psalm 8:1, Psalm 19:1)</li> </ol> <p><b>3. <i>What is a human being?</i></b></p> <ol style="list-style-type: none"> <li>a. God created humans to know Him intimately and to have a loving relationship with Him. (Psalm 100:3)</li> <li>b. Human beings are created in the image of God with the capacity to choose. (Genesis 1:27, Proverbs 8:10)</li> <li>c. Adam and Eve chose disobedience and brought death to themselves and sin entered the world. (Romans 5:12)</li> <li>d. All human beings have a choice and all have chosen sin that brings separation from God. (Romans 3:23)</li> <li>e. Sin is rebellion against God's wishes and ways and this</li> </ol>
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<p><b>(c) Knowledge and skills.</b></p> <p><b>(1) Movement.</b> While participating in physical activity, the student applies physiological and biomechanical principles to improve health-related fitness.</p> <p><i>The student is expected to:</i></p> <p>(A) apply physiological principles related to exercise and training such as warm-up/cool down, overload, frequency, intensity, specificity, or progression; and</p> <p>(B) apply biomechanical principles related to exercise and training such as force, leverage, and type of contraction.</p> <p><b>(2) Social development.</b> During physical activity, the student develops positive self-management and social skills needed to work independently and with others.</p> <p><i>The student is expected to:</i></p> <p>(A) apply rules, procedures, and etiquette; and</p> <p>(B) recognize and resolve conflicts during physical activity.</p> <p><b>(3) Physical activity and health.</b> The student applies safety</p>	<ul style="list-style-type: none"> <li>• Softball</li> <li>• Speedball</li> <li>• Table Tennis</li> <li>• Tennis</li> <li>• Track and Field</li> <li>• Volleyball</li> <li>• Weight Training</li> <li>• Wrestling</li> </ul> <p><b><u>Correlation with TEKS</u></b> <b><u>Five for Life Advanced Program</u></b> Focused Fitness ISBN none</p> <p><b><u>Physical Education</u></b> <b><u>Teacher’s Book of Lists</u></b> ISBN 0-13-021334-9</p> <p>Teacher-generated Lessons from <u>Five for Life Advanced Program</u> and <u>Physical Education Teacher’s Book of Lists</u> cover all the TEKS in Nos. 1, 2, 3, 4, and 5</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p>	<p>a. Human beings can both know the world around them and God Himself because God has built within them the capacity to do so and because He takes an active role in communicating with them. (John 16:13)</p> <p>b. God’s own intelligence is the basis of human intelligence. Knowledge is possible because there is something to be known (God and His creation) and someone to know (God and human beings made in His image). (Genesis 1:27)</p> <p>c. God reveals, Himself to us in two basic ways: by general revelation and by special revelation. (Exodus 3:2, Psalm 19:1-4)</p> <p>d. In general revelation, God speaks through the creation of the universe and through His word, the Bible. (2 Samuel 22:31, Psalm 19:1)</p> <ul style="list-style-type: none"> <li>➤ The Bible is internally consistent and unified in its principles and claims.</li> <li>➤ There is tremendous coherence across the many authors and centuries during which the various books were written and in which its stories unfold.</li> <li>➤ It is relevant to all the cultures of the world</li> </ul> <p>e. Special revelation is God revealing Himself through</p>
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<p>practices associated with physical activity.  <i>The student is expected to:</i></p> <p>(A) demonstrate safety procedures such as spotting during gymnastics and using non-skid footwear;</p> <p>(B) describe examples and exercises that may be harmful or unsafe;</p> <p>(C) explain the relationship between fluid balance, physical activity, and environmental conditions such as loss of water and salt during exercise; and</p> <p>(D) identify the effects of substance abuse on physical performance.</p> <p><b>(4) Physical activity and health.</b> The student applies fitness principles during a personal fitness program.</p>	<p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p>	<p>supernatural ways.          Jesus Christ is the ultimate special revelation. He showed us what God is like more fully than any other form of revelation can. Because Jesus was also completely human, he spoke more clearly to us than any other form of revelation can.          (John 14:7)</p>
<p><i>The student is expected to:</i></p> <p>(A) explain the relationship between physical fitness and health;</p> <p>(B) participate in a variety of activities that develop health-related physical fitness activities including aerobic exercise to develop cardiovascular efficiency;</p> <p>(C) demonstrate the skill-related components of physical fitness such as agility, balance, coordination, power, reaction time, and speed;</p> <p>(D) compare and contrast health-related and skill-related fitness;</p> <p>(E) describe methods of evaluating health-related fitness such as Cooper's 1.5 mile run test;</p> <p>(F) list and describe the components of exercise prescription such as overload principle, type, progression, or specificity;</p> <p>(G) design and implement a personal fitness program; and</p> <p>(H) evaluate consumer issues related to physical fitness such as marketing claims promoting fitness products and services.</p> <p><b>(5) Physical activity and health.</b> The student comprehends practices that impact daily performance, physical activity, and health.</p> <p><i>The student is expected to:</i></p> <p>(A) investigate positive and negative attitudes towards</p>	<p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p>	<p>6. <b><i>How do we know what is right and wrong?</i></b></p> <p>a. Ethics or the knowledge of right and wrong is based on the character of God as good (holy and loving). (Psalm 33:4)</p> <p>b. There is an absolute standard by which all moral judgments are measured and God Himself – His character of goodness (holiness and love) – is the standard. (1 Samuel 2:3)</p> <p>c. As a result of sin, morally, we have become less able to discern good and evil and less able to know God as He truly is. (Proverbs 1:7)</p> <p>d. God has revealed His standard in the various laws and principles expressed in the Bible. (Psalm 111:10)</p> <ul style="list-style-type: none"> <li>➤ He has dictated absolute moral truth to us.</li> <li>➤ Every truth must conform to Biblical principles.</li> <li>➤ Every choice must reflect God’s moral truth.</li> <li>➤ We must promote, defend,</li> </ul>

<p>exercise and physical activities;</p> <p>(B) describe physical fitness activities that can be used for stress reduction;</p> <p>(C) explain how over training may contribute to negative health problems such as bulimia and anorexia;</p> <p>(D) analyze the relationship between sound nutritional practices and physical activity;</p> <p>(E) explain myths associated with physical activity and nutritional practices;</p> <p>(F) analyze methods of weight control such as diet, exercise, or combination of both; and</p> <p>(G) identify changeable risk factors such as inactivity, smoking, nutrition, and stress that affect physical activity and health.</p>	<p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p>Teacher-generated Lessons</p> <p><b>Student Activities</b></p> <p>Games</p> <p>Individual Play and Sports</p> <p>Team Play and Sports</p> <p>Motor Skills Performance</p> <p><b>Teaching Strategies</b></p> <p>Oral Instruction</p> <p>Cooperative Learning</p> <p>Demonstration</p> <p>Small Groups</p> <p>Visual Aids</p> <p>Guided Inquiry</p> <p>Open-ended Inquiry</p> <p><b>Evaluation Procedures</b></p> <p>Class Participation</p> <p>Observation</p> <p>Demonstration</p> <p>Oral Quizzes</p> <p>Performance Tests</p>	<p>and teach these truths to others.</p> <p>7. <b><i>What is the meaning of human history?</i></b></p> <p>a. History is a meaningful sequence of events leading to the fulfillment of God’s purposes for humanity. (Psalm 22:27-28, Psalm 47:3)</p> <p>b. History is going somewhere, directed toward a known end. (Matthew 25:34)</p> <p>c. History is a form of revelation, not only does God reveal Himself in history, but the very sequence of events is revelation. (Psalm 33:13-14, Psalm 47:9)</p> <p>d. History has meaning because God is behind all events, not only sustaining all things by His powerful word but also in all things working for the good of those who love Him. (Psalm 40:5, Romans 8:28)</p> <p><b><i>What should our response be to God?</i></b></p> <p><b><i>What were we made for?</i></b></p> <p><b>We were made to</b></p> <p><b>Love</b> – Matthew 22:37,</p> <p><b>Worship</b> – Romans 12:1,</p> <p><b>Obey</b> – 2 John 6, and</p> <p><b>Give Glory</b> – Psalm 96:3.</p>
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	<b>Other Resources and Bibliography</b> None	
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