



HIGH SCHOOL COURSE 4C
Advanced Individual and Dual Activities

High School Courses 1 and 2, and 3C are designed to be completed before a student enrolls in High School Course 4C.

STANDARD 1: STUDENTS DEMONSTRATE KNOWLEDGE OF AND COMPETENCY IN MOTOR SKILLS, MOVEMENT PATTERNS, AND STRATEGIES NEEDED TO PERFORM A VARIETY OF PHYSICAL ACTIVITIES.

1.1 Demonstrate expertise in two or more of the following individual and dual activities, preferably one from each category:

- Individual: Archery, Cycling, Golf, Gymnastics/Tumbling, Skating, Skiing, Surfing, Yoga
Dual: Badminton, Handball, Racquetball, Squash, Tennis, Two-player volleyball

1.2 Analyze and evaluate the interrelationship of the principles of biomechanics and the use of strategies in high-level performance in individual and dual activities.

1.3 Create or modify practice/training plans base on evaluative feedback from skill acquisition and performance.

1.4 Practice individual and dual activities in real-world settings.

- 2.2 Demonstrate the ability to develop criteria and analyze factors to consider in the purchase of products and programs related to individual and dual activities.
2.3 Achieve a level of fitness that improves health and performance and provides opportunities for enjoyment and challenge in individual and dual activities.
2.4 Design a personal physical fitness program to be completed in a home or gym and that will be consistent with the demands of a selected individual or dual activity.

STANDARD 3: STUDENTS DEMONSTRATE KNOWLEDGE OF PSYCHOLOGICAL AND SOCIOLOGICAL CONCEPTS, PRINCIPLES, AND STRATEGIES THAT APPLY TO THE LEARNING AND PERFORMANCE OF PHYSICAL ACTIVITY.

Self Responsibility

- 3.1 Evaluate changes in self-responsibility as skill levels in individual and dual activities improve.
3.2 Set personal goals for improved performance and enjoyment of individual and dual activities.

Group Dynamics

- 3.3 Perform and evaluate planned and spontaneous leadership assignments and roles in high-level individual and dual activities.

STANDARD 2: STUDENTS ACHIEVE A LEVEL OF PHYSICAL FITNESS FOR HEALTH AND PERFORMANCE WHILE DEMONSTRATING KNOWLEDGE OF FITNESS CONCEPTS, PRINCIPLES, AND STRATEGIES.

2.1 Develop personal physical fitness standards that exceed those of scientifically based health-related physical fitness assessment.