Alabama Physical Education

Advanced Kinesiology - Level 1

Anchor Standard 1: Motor Skills and Movement Patterns: _The physically literate individual demonstrates competency in a variety of motor skills and movement patterns._ PE19.AK1.1

A AK-1.1 Motor Skills and Movement Patterns: _Movement concepts, principles, and knowledge_ PE19.AK1.1.A

1 Describe proper movement techniques for participating in self-selected lifetime activities. PE19.AK1.1.1

B AK-1.2 Motor Skills and Movement Patterns: _Dance and rhythmic activities_ PE19.AK1.1.B

2 Identify, explain, and apply coordination, explosive power, and speed that enhance performance levels in rhythmic movement and dance. PE19.AK1.1.2

C AK-1.3 Motor Skills and Movement Patterns: _Lifetime activities_ PE19.AK1.1.C

3 Generate a list of health-enhancing lifetime activities. PE19.AK1.1.3

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.AK1.2

A AK-2.1 Movement and Performance: _Knowledge of anatomy (muscles, bones, and joints)_ PE19.AK1.2.A

1 Explain the interaction among the bones, joints, and muscles that occurs during physical activity. PE19.AK1.2.1

B AK-2.2 Movement and Performance: _Strategies of kinesiology_ PE19.AK1.2.B

2 Explain how the components on the state-mandated physical fitness test relate to human movement and continuous, healthy physical fitness activity. PE19.AK1.2.2

Anchor Standard 3: Physical Activity and Fitness: _The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness._ PE19.AK1.3

A AK-3.1 Physical Activity and Fitness: _Physical activity knowledge_ PE19.AK1.3.A

1 Assess circumstances that might affect physical activity choices throughout the life cycle. PE19.AK1.3.1

B AK-3.2 Physical Activity and Fitness: _Physical literacy_ PE19.AK1.3.B

2 Research numerous available career fields related to kinesiology. PE19.AK1.3.2

C AK-3.3 Physical Activity and Fitness: _Career opportunities_ PE19.AK1.3.C

3 Analyze consumer health products and programs related to fitness and the impact on different career choices. PE19.AK1.3.3

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AK-4.1 Personal and Social Behavior: _Personal responsibility_ PE19.AK1.4.A

physically literate individual exhibits responsible personal and social behavior that respects self and others._ PE19.AK1.4

1 Analyze the role physical activity plays in social interaction and cooperative opportunities within the family and the workplace. PE19.AK1.4.1

B AK-4.2 Personal and Social Behavior: _Rules and etiquette_ PE19.AK1.4.B

2 Interview an employer in a self-selected career in the field of kinesiology, asking for a copy of the company employee policy manual. PE19.AK1.4.2

C AK-4.3 Personal and Social Behavior: _Working with others_ PE19.AK1.4.C

3 Explain the importance of cooperation and positive interactions with others working in the field of kinesiology. PE19.AK1.4.3

D AK-4.4 Personal and Social Behavior: _Safety_ PE19.AK1.4.D

4 Explain the inherent risks associated with various careers in kinesiology or physical fitness. PE19.AK1.4.4

Anchor Standard 5: Values Physical Activity: _The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction._ PE19.AK1.5

A AK-5.1 Values Physical Activity: _Health_ PE19.AK1.5.A

1 Research the benefits of proper nutrition and daily physical activity. PE19.AK1.5.1

B AK-5.2 Values Physical Activity: _Choices_ PE19.AK1.5.B

2 Explore the relationship among the brain, fitness, and nutrition and how they affect each other. PE19.AK1.5.2

C AK-5.3 Values Physical Activity: _Social interaction_ PE19.AK1.5.C

3 Identify how social interaction influences their own nutrition and physical activity choices, and how they respond based on the social situation. PE19.AK1.5.3