

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](#)

**Anchor Standard 4:
Personal and Social
Behavior: _The
physically literate
individual exhibits
responsible personal
and social behavior that
respects self and
others._** [PE19.AK1.4](#)

A AK-4.1 Personal and Social Behavior: _Personal responsibility_ [PE19.AK1.4.A](#)

- 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](#)