

Advanced Kinesiology - Level 2

Anchor Standard 1:
Motor Skills and
Movement Patterns:
_The physically literate
individual demonstrates
competency in a variety
of motor skills and
movement
patterns._ [PE19.AK2.1](#)

A AK-1.1 Motor Skills and Movement Patterns: _Movement concepts, principles, and knowledge_ [PE19.AK2.1.A](#)

- 1 Execute the applicable skills needed for a single self-selected lifetime activity. [PE19.AK2.1.1](#)

B AK-1.2 Motor Skills and Movement Patterns: _Dance and rhythmic activities_ [PE19.AK2.1.B](#)

- 2 Demonstrate coordination, explosive power, and speed that enhance performance levels in rhythm and dance. [PE19.AK2.1.2](#)

C AK-1.3 Motor Skills and Movement Patterns: _Lifetime activities_ [PE19.AK2.1.C](#)

- 3 Demonstrate knowledge and strategies needed to perform a specific lifetime activity with proficiency. [PE19.AK2.1.3](#)

Anchor Standard 2:
Movement and
performance: _The
physically literate
individual applies
knowledge of concepts,
principles, strategies,
and tactics related to
movement and
performance._ [PE19.AK2.2](#)

A AK-2.1 Movement and Performance: _Knowledge of anatomy (muscles, bones, and joints)_ [PE19.AK2.2.A](#)

- 1 Adjust physical activity levels to meet the principles of exercise while identifying the connection among bones, joints, and muscles. [PE19.AK2.2.1](#)

B AK-2.2 Movement and Performance: _Strategies of kinesiology_ [PE19.AK2.2.B](#)

- 2 Fulfill health-related fitness standards established by the state-mandated fitness test by completing the test and recording results. [PE19.AK2.2.2](#)

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.AK2.3](#)

A AK-3.1 Physical Activity and Fitness: _Physical activity knowledge_ [PE19.AK2.3.A](#)

- 1 Develop a plan of action that will assist in overcoming adverse circumstances to support a healthy lifestyle. [PE19.AK2.3.1](#)

B AK-3.2 Physical Activity and Fitness: _Physical literacy_ [PE19.AK2.3.B](#)

- 2 Compare two fields of employment within the realm of kinesiology, and interview professionals in a self-selected career. [PE19.AK2.3.2](#)

C AK-3.3 Physical Activity and Fitness: _Career opportunities_ [PE19.AK2.3.C](#)

- 3 Select a career, design a plan of action, and through a media presentation give specifics on qualifications needed to secure a job in the field. [PE19.AK2.3.3](#)

Anchor Standard 4:
Personal and Social Behavior: _The physically literate individual exhibits responsible personal and social behavior that respects self and others._ PE19.AK2.4

A AK-4.1 Personal and Social Behavior: _Personal responsibility_ PE19.AK2.4.A

- 1 Develop a personal action plan that includes social interaction, cooperative activities, and personal fitness goals. PE19.AK2.4.1

B AK-4.2 Personal and Social Behavior: _Rules and etiquette_ PE19.AK2.4.B

- 2 Model exemplary behavior by adhering to company policies and rules and regulations. PE19.AK2.4.2

C AK-4.3 Personal and Social Behavior: _Working with others_ PE19.AK2.4.C

- 3 Conduct self-assessment to identify and utilize the potential strengths to support his/her effort in the field of kinesiology. PE19.AK2.4.3

D AK-4.4 Personal and Social Behavior: _Safety_ PE19.AK2.4.D

- 4 Research the types of injuries associated with a self-selected career choice in the field of kinesiology. PE19.AK2.4.4

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.AK2.5

A AK-5.1 Values Physical Activity: _Health_ PE19.AK2.5.A

- 1 Explain the role of physical activity and proper nutrition in the prevention of disease and the reduction of health-care costs. PE19.AK2.5.1

B AK-5.2 Values Physical Activity: _Choices_ PE19.AK2.5.B

- 2 Determine the educational and certification requirements for a career in nutrition and the kinesiology field. PE19.AK2.5.2

C AK-5.3 Values Physical Activity: _Social interaction_ PE19.AK2.5.C

- 3 Illustrate, using media or performance, how social interaction contributes to their personal choices pertaining to nutrition and physical activity, including family and friends, or work and school. PE19.AK2.5.3