Alabama Physical Education

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

Skip to main content

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