Alabama Physical Education

Strength and Conditioning - 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.SC1.1

A SC-1.1 Motor Skills and Movement Patterns: _Physical fitness_ PE19.SC1.1.A

1 Describe physical fitness activities that contribute to the improvement of specific fitness components. PE19.SC1.1.1

B SC-1.2 Motor Skills and Movement Patterns: _Strength and conditioning_ PE19.SC1.1.B

2 Identify skills and components needed to design an individualized strength and conditioning program. PE19.SC1.1.2

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.SC1.2

A SC-2.1 Movement and Performance: _Safety_ PE19.SC1.2.A

1 Recognize unsafe situations related to participation in strength and conditioning. PE19.SC1.2.1

B SC-2.2 Movement and Performance: _Proper techniques_ PE19.SC1.2.B

2 Identify skills and components an individual needs to participate successfully in strength and conditioning. PE19.SC1.2.2

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.SC1.3

A SC-3.1 Physical Activity and Fitness: _Healthy lifestyles_ PE19.SC1.3.A

1 Determine skills to increase health benefits while participating in strength and conditioning. PE19.SC1.3.1

B SC-3.2 Physical Activity and Fitness: _Strength and conditioning knowledge_ PE19.SC1.3.B

2 Explain skills required for planning an individual strength and conditioning workout program. PE19.SC1.3.2

Anchor Standard 4: Personal and Social Behavior: _The ph[illegible] inc[illegible] res[illegible]

A SC-4.1 Personal and Social Behavior: _Social behaviors_ PE19.SC1.4.A

1 Research and interpret the proper etiquette for participants in a strength and conditioning program in a public and private setting. PE19.SC1.4.1

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C-4.2 Personal and Social Behavior: _Leadership skills_ PE19.SC1.4.B

and social behavior that respects self and others._ PE19.SC1.4

2 Develop a list of your personal actions and how they impact you, teammates, peers, and opponents. PE19.SC1.4.2

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.SC1.5

A SC-5. 1 Values Physical Activity: _Identify and evaluate_ PE19.SC1.5.A

1 Discuss how participation in a strength and conditioning program will assist in developing positive self-image and awareness. PE19.SC1.5.1

B SC-5.2 Values Physical Activity: _Analyze_ PE19.SC1.5.B

2 Discuss and evaluate the benefits of socialization and self-expression in a strength and conditioning program. PE19.SC1.5.2