

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
physically literate
individual exhibits
responsible personal

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](#)

B SC-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](#)