

Care and Prevention of Athletic Injuries (2024)

Evaluate the effectiveness of specific warm-up and cool-down activities. [PE.912.C.2.7](#)

1 Evaluate the effectiveness of specific warm-up and cool-down activities. [PE.912.C.2.7](#)

Differentiate between the three different types of heat illnesses associated with fluid loss. [PE.912.C.2.8](#)

2 Differentiate between the three different types of heat illnesses associated with fluid loss. [PE.912.C.2.8](#)

Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions. [PE.912.C.2.9](#)

3 Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions. [PE.912.C.2.9](#)

Analyze long-term benefits of regularly participating in physical activity. [PE.912.C.2.10](#)

4 Analyze long-term benefits of regularly participating in physical activity. [PE.912.C.2.10](#)

Explain how each of the health-related components of fitness are improved through the application of training principles. [PE.912.C.2.11](#)

5 Explain how each of the health-related components of fitness are improved through the application of training principles. [PE.912.C.2.11](#)

Assess physiological effects of exercise during and after physical activity. [PE.912.C.2.17](#)

6 Assess physiological effects of exercise during and after physical activity. [PE.912.C.2.17](#)

Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance. PE.912.C.2.23

7 Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance. PE.912.C.2.23

Analyze and evaluate the risks, safety procedures, rules and equipment associated with specific course activities. PE.912.C.2.25

8 Analyze and evaluate the risks, safety procedures, rules and equipment associated with specific course activities. PE.912.C.2.25

Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors. PE.912.C.2.26

9 Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors. PE.912.C.2.26

Identify risks and safety factors that may affect physical activity throughout life. PE.912.L.3.6

10 Identify risks and safety factors that may affect physical activity throughout life. PE.912.L.3.6

Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition. PE.912.L.4.6

11 Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition. PE.912.L.4.6

Utilize technology to assess, enhance and maintain health and skill-related fitness levels. PE.912.M.1.14

12 Utilize technology to assess, enhance and maintain health and skill-related fitness levels. PE.912.M.1.14

Apply the principles of training and conditioning to accommodate individual needs and strengths. PE.912.M.1.16

13 Apply the principles of training and conditioning to accommodate individual needs and strengths. PE.912.M.1.16

Demonstrate basic cardiopulmonary resuscitation (CPR) procedures. [PE.912.M.1.17](#)

14 Demonstrate basic cardiopulmonary resuscitation (CPR) procedures. [PE.912.M.1.17](#)

Demonstrate use of the mechanical principles as they apply to specific course activities. [PE.912.M.1.34](#)

15 Demonstrate use of the mechanical principles as they apply to specific course activities. [PE.912.M.1.34](#)

Select proper equipment and apply all appropriate safety procedures necessary for participation. [PE.912.M.1.35](#)

16 Select proper equipment and apply all appropriate safety procedures necessary for participation. [PE.912.M.1.35](#)

Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities. [PE.912.R.5.4](#)

17 Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities. [PE.912.R.5.4](#)

Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities. [PE.912.R.5.5](#)

18 Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities. [PE.912.R.5.5](#)

Analyze the roles of games, sports and/or physical activities in other cultures. [PE.912.R.6.3](#)

19 Analyze the roles of games, sports and/or physical activities in other cultures. [PE.912.R.6.3](#)

Actively participate in effortful learning both individually and collectively. [MA.K12.MTR.1.1](#)

20 Actively participate in effortful learning both individually and collectively. [MA.K12.MTR.1.1](#)

Demonstrate understanding by representing problems

21 Demonstrate understanding by representing problems in multiple ways. [MA.K12.MTR.2.1](#)

in multiple
ways. [MA.K12.MTR.2.1](#)

Complete tasks with
mathematical
fluency. [MA.K12.MTR.3.1](#)

22 Complete tasks with mathematical fluency. [MA.K12.MTR.3.1](#)

Engage in discussions
that reflect on the
mathematical thinking
of self and
others. [MA.K12.MTR.4.1](#)

23 Engage in discussions that reflect on the mathematical thinking of self and others. [MA.K12.MTR.4.1](#)

Use patterns and
structure to help
understand and connect
mathematical
concepts. [MA.K12.MTR.5.1](#)

24 Use patterns and structure to help understand and connect mathematical concepts. [MA.K12.MTR.5.1](#)

Assess the
reasonableness of
solutions. [MA.K12.MTR.6.1](#)

25 Assess the reasonableness of solutions. [MA.K12.MTR.6.1](#)

Apply mathematics to
real-world
contexts. [MA.K12.MTR.7.1](#)

26 Apply mathematics to real-world contexts. [MA.K12.MTR.7.1](#)

Cite evidence to explain
and justify
reasoning. [ELA.K12.EE.1.1](#)

27 Cite evidence to explain and justify reasoning. [ELA.K12.EE.1.1](#)

Read and comprehend
grade-level complex
texts
proficiently. [ELA.K12.EE.2.1](#)

28 Read and comprehend grade-level complex texts proficiently. [ELA.K12.EE.2.1](#)

Make inferences to
support
comprehension. [ELA.K12.EE.3.1](#)

29 Make inferences to support comprehension. [ELA.K12.EE.3.1](#)

Use appropriate
collaborative techniques
and active listening
skills when engaging in
discussions in a variety
of
situations. [ELA.K12.EE.4.1](#)

30 Use appropriate collaborative techniques and active listening skills when engaging in discussions in a variety of situations. [ELA.K12.EE.4.1](#)

Use the accepted rules governing a specific format to create quality work. [ELA.K12.EE.5.1](#)

31 Use the accepted rules governing a specific format to create quality work. [ELA.K12.EE.5.1](#)

Use appropriate voice and tone when speaking or writing. [ELA.K12.EE.6.1](#)

32 Use appropriate voice and tone when speaking or writing. [ELA.K12.EE.6.1](#)

English language learners communicate for social and instructional purposes within the school setting. [ELD.K12.ELL.SI.1](#)
