Texas CTE

Lifetime Fitness and Wellness Pursuits (2022): Grades 9, 10, 11, 12

Adopted 2022

Movement patterns and movement skills. While participating in physical activity, the physically literate student applies physiological and biomechanical principles to improve health-related fitness. The student is expected to: LFW.1	**A.** apply physiological and fitness principles related to exercise and training, including warm-up and cool-down, overload, frequency, intensity, time, and specificity; and LFW.1.A **B.** apply basic biomechanical principles related to exercise and training, including force, leverage, and type of contraction. LFW.1.B
Performance strategies. During physical activity, the physically literate student applies skills, techniques, and safety practices associated with physical activity. The student is expected to: LFW.2	**A.** apply appropriate procedures to ensure safety; LFW.2.A **B.** apply appropriate practices and procedures to improve skills in various fitness activities; LFW.2.B **C.** perform skills and appropriate techniques at a basic level of competency; LFW.2.C **D.** modify movement during performance using appropriate internal and external feedback; and LFW.2.D **E.** explain various methods to achieve personal fitness, including interval training, circuit training, high-intensity interval training (HIIT), and functional fitness training. LFW.2.E
Health, physical activity, and fitness. The physically literate student applies fitness principles that encompass personal fitness, nutrition, and environmental	**A.** demonstrate appropriate safety procedures, including wearing proper attire, using equipment safely, practicing exercise etiquette, and recognizing situational environmental hazards; LFW.3.A **B.** identify and describe exercise techniques that may be harmful or unsafe; LFW.3.B explain the relationships among hydration, physical activity, and environmental conditions; LFW.3.C

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awareness. The student is expected to: LFW.3	**D.** explain the relationship between physical fitness and wellness; LFW.3.D
	E. participate in a variety of activities that develop health-related physical fitness; LFW.3.E
	F. describe training principles appropriate to enhance cardiorespiratory endurance, muscular strength and endurance, and flexibility; LFW.3.F
	G. exhibit a basic level of competency in two or more aerobic and two or more anaerobic activities; LFW.3.G
	H. select and use appropriate technology tools to evaluate, monitor, and improve health-related fitness; LFW.3.H
	I. design and implement a personal fitness program that includes health-related fitness components; LFW.3.I
	J. measure and evaluate personal skill-related components of physical fitness, including agility, balance, coordination, power, reaction time, and speed; and LFW.3.J
	K. measure and evaluate personal fitness in terms of health-related fitness components. LFW.3.K
Social and emotional health. During physical activity, the physically literate student develops positive self-management and social skills needed to work independently and with others. The student is expected to: LFW.4	**A.** describe and analyze the relationship between physical activity and social and emotional health; LFW.4.A
	B. discuss how improvement is possible with appropriate practice; LFW.4.B
	C. identify and respond to challenges, successes, conflicts, and failures in physical activities in socially appropriate ways; LFW.4.C
	D. explain how to accept successes and performance limitations of self and others by exhibiting appropriate behavior and response; and LFW.4.D
	E. evaluate the impact of the use of technology on social and emotional health. LFW.4.E
Lifetime wellness. The physically literate student comprehends practices that will impact daily performance, physical activity, and health throughout the lifespan. The student is expected to:	**A.** describe how sleep is essential to optimal performance and recovery; LFW.5.A
	B. identify myths associated with physical activity and nutritional practices; LFW.5.B
	C. explain the relationship between nutritional practices and physical activity; LFW.5.C
	D. explain the risks of over training; LFW.5.D

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E. **evaluate consumer issues and trends related to physical fitness such as marketing claims promoting fitness and nutritional products, services, and supplements; and** LFW.5.E

F. **analyze how nutrition, exercise, and other factors impact body composition.** LFW.5.F