Virginia Physical Education

Fitness Instructor

Motor Skill Development

1 **The student will demonstrate mastery of the movement skills and patterns used to perform a variety of strength-training, conditioning, and fitness activities.** FI.1

- a Demonstrate correct movement skills and patterns for strength-training, physical conditioning, and fitness activities. FI.1.A
- b Analyze movement activities for component skills and movement patterns. FI.1.B
- c Describe and demonstrate activities specific to improving the skill-related components of fitness. FI.1.C
- d Define and identify activities of daily living (ADL) as the tasks of everyday life. FI.1.D
- e Apply movement skills and patterns to functional fitness activities that support ADL. FI.1.E
- f Identify and describe advanced resistance-training techniques. FI.1.F
- g Apply principles of exercise progression to improve fitness. FI.1.G
- h Demonstrate correct and safe techniques and form when performing strength-training, physical conditioning, and fitness activities and exercises. FI.1.H
- i Demonstrate the proper use of fitness equipment, selectorized weight machines, and free weights. FI.1.I
- j Demonstrate safety protocols and procedures for strength-training, physical conditioning, and fitness activities. FI.1.J
- k Identify contraindications to advanced resistance-training techniques. FI.1.K
- l Identify and describe factors that influence participation in physical activity and adherence to an exercise program. FI.1.L
- m Explain principles that result in behavior change. FI.1.M
- n Describe psychological factors that may influence a person's adherence to an exercise program. FI.1.N
- o Identify and apply strategies to increase adherence in an exercise program. FI.1.O
- p Explain the role of the personal trainer in promoting an individual's adherence to an exercise program. FI.1.P
- q Identify and explain considerations for special populations. FI.1.Q

An
Mc Skip to main content **'he student will apply knowledge of anatomy and movement principles and oncepts to skill performance in strength training, conditioning, and fitness ctivities.** FI.2

a Identify the planes of motion and types of movement that occur in the frontal, sagittal, and transverse planes. FI.2.A

b Define common anatomical terms. FI.2.B

c Identify the major bones of the skeletal system. FI.2.C

d Identify and describe the types of joints, including hinge and multiaxial (ball and socket). FI.2.D

e Explain muscle structure and function, including major muscles of the body, terms related to muscles, and muscle origins and insertions. FI.2.E

f Explain movements that result based on muscle origin and insertion. FI.2.F

g Explain how muscles contract, including agonist and antagonist movements in relation to muscle contraction. FI.2.G

h Identify and explain curvatures of the spine. FI.2.H

i Perform and analyze postural evaluation of another individual. FI.2.I

j Perform and analyze movement evaluation for stability and mobility of the joints of another individual. FI.2.J

k Perform and analyze flexibility evaluation of another individual. FI.2.K

l Perform and analyze balance and core-strength evaluations of another individual. FI.2.L

m Identify contraindications to assessments of movement. FI.2.M

n Perform assessments to evaluate the health-related components of fitness. FI.2.N

o Perform assessments to evaluate the skill-related components of fitness. FI.2.O

p Identify contraindications to health-related and skill-related fitness assessments. FI.2.P

q Identify and explain different methods for determining body composition. FI.2.Q

r Explain the benefits and challenges of different methods for determining body composition. FI.2.R

s Differentiate between recommendations for physical activity and training principles to meet goals for general health benefits, weight management, fitness improvements, and athletic performance enhancement. FI.2.S

t Explain the effects of acute and chronic exercise on aerobic and anaerobic energy systems. FI.2.T

u Explain the body's response to cardiorespiratory exercise. FI.2.U

v Explain the body's response to resistance training. FI.2.V

w Explain the body's response to warm-up and cool-down. FI.2.W

x Explain blood-pressure response related to acute exercise, chronic exercise, and changes in posture. FI.2.X

Explain reversibility or deconditioning and the effect on fitness and performance. FI.2.Y

z Define common musculoskeletal injuries. FI.2.Z

Skip to main content

aa Compare and contrast muscle fatigue and delayed onset muscle soreness (DOMS) with musculoskeletal injury/overuse. FI.2.AA

bb Explain inflammatory response and the healing process. FI.2.BB

cc Identify and describe upper-extremity injuries. FI.2.CC

dd Identify and describe lower-extremity injuries. FI.2.DD

ee Identify and explain exercise modifications appropriate when participant is injured. FI.2.EE

Fitness Planning

3 **The student will plan and describe a personalized fitness and conditioning program for others that includes skill-related and health-related fitness components to achieve and maintain a health-enhancing level of physical fitness for a lifetime.** FI.3

a Identify the components of a health/medical history. FI.3.A

b Identify the limitations of a health/medical history. FI.3.B

c Identify the common signs and symptoms of cardiovascular, metabolic, or pulmonary diseases. FI.3.C

d Conduct a health and exercise history with another individual. FI.3.D

e Develop SMART fitness goals with another individual based on fitness assessments and personal desired outcomes. FI.3.E

f Apply the FITT (frequency, intensity, time, and type of exercise) principles to improve or maintain cardiovascular and musculoskeletal fitness in healthy adults, seniors, youth, adolescents, and pregnant women. FI.3.F

g Develop functional programming for stability, mobility, and movement. FI.3.G

h Develop a resistance-training program with appropriate progressions. FI.3.H

i Develop a cardiorespiratory training program with appropriate progressions. FI.3.I

j Evaluate fitness programming for others to determine effectiveness. FI.3.J

k Identify contraindications of cardiorespiratory exercise. FI.3.K

l Define and explain exercises to improve range of motion, including dynamic stretching, passive stretching, proprioceptive neuromuscular facilitation (PNF), and partner stretching. FI.3.L

m Identify contraindications of range of motion exercises. FI.3.M

n Describe different forms of mind-body exercise (e.g., yoga, Pilates, tai chi). FI.3.N

o Identify indications for use of mind-body exercise. FI.3.O

p Identify contraindications for mind-body exercise. FI.3.P

Social and Emotional Development

4 **The student will accept responsibility for taking a leadership role as well as demonstrate the ability to follow, in order to accomplish group goals.** FI.4

Skip to main content

Define and explain cultural competence and its importance in developing rapport with another individual. FI.4.A

b Demonstrate effective teaching techniques for working with individuals of different learning styles, motivation levels, and physical activity levels. FI.4.B

c Explain learning styles and instructional strategies, including visual, auditory, and kinesthetic. FI.4.C

d Demonstrate effective and varied teaching techniques for a variety of exercises. FI.4.D

e Demonstrate and explain how to respond in an emergency situation. FI.4.E

f Identify signs of cardiac emergency. FI.4.F

g Demonstrate CPR and AED procedures for adults and children. FI.4.G

h Identify emergency situations requiring first aid. FI.4.H

i Demonstrate first-aid techniques used in emergency situations. FI.4.I

j Identify and describe universal precautions and personal protection used during CPR and first aid. FI.4.J

Energy Balance

5 **The student will explain energy balance.** FI.5

a Identify and explain dietary guidelines based on USDA recommendations. FI.5.A

b Identify macronutrients used by the body for energy. FI.5.B

c Identify the number of kilocalories found in macronutrients that provide energy. FI.5.C

d Explain energy balance and relationship to weight gain, weight loss, or weight maintenance FI.5.D

e Explain lipid and lipoprotein profiles. FI.5.E

f Explain the influences of nutrition and physical activity on lipid and lipoprotein profiles. FI.5.F

g Explain the importance of hydration. FI.5.G

h Explain how to maintain hydration in a physically active individual, including effective methods to rehydrate after exercise. FI.5.H

i Identify and describe common supplements and ergogenic aids used by individuals in training programs. FI.5.I

j Explain potential risks, benefits, and contraindications associated with use of supplements and ergogenic aids. FI.5.J

k Explain the relationship between body composition and health. FI.5.K

l Define terms related to body composition, including body mass index (BMI), lean body mass, and fat mass. FI.5.L

m Explain influences on body composition, including diet, exercise, and behavior modification. FI.5.M

n Identify and explain inappropriate weight-loss methods. FI.5.N

Skip to main content

o Identify and explain eating disorders including anorexia nervosa and bulimia nervosa. FI.5.O

p Explain the female athlete triad. FI.5.P

Professional Responsibilities

6 **The student will identify and explain professional and legal responsibilities to manage a personal business and be employed as a personal fitness instructor.** FI.6

a Identify and explain requirements to become a certified personal fitness instructor and maintain certification, including certification requirements, requirements to maintain certification, and resources for professional development to increase knowledge and skill and maintain certification. FI.6.A

b Identify and explain the role, scope of practice, and code of ethics of a personal fitness instructor. FI.6.B

c Identify and describe the professional responsibilities of a personal fitness instructor. FI.6.C

d Identify and describe necessary facility maintenance. FI.6.D

e Explain and describe appropriate inspection and care of equipment to maintain safety and maximize use. FI.6.E

f Identify and describe appropriate facility supervision to maintain safety of users. FI.6.F

g Identify and describe legal considerations of working as a personal fitness instructor. FI.6.G