

High School Physical Education TEKS
Lifetime Fitness and Wellness Pursuits: 116.62(c) Knowledge and Skills

Name of Provider: _____ Type of Activity: _____

(Type or place an "X" in the box next to all that apply)

(1) 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:	
<input type="checkbox"/>	(A) apply physiological and fitness principles related to exercise and training, including warm-up and cool-down, overload, frequency, intensity, time, and specificity
<input type="checkbox"/>	(B) apply basic biomechanical principles related to exercise and training, including force, leverage, and type of contraction
(2) Performance strategies. During physical activity, the physically literate student applies skills, techniques, and safety practices associated	
<input type="checkbox"/>	(A) apply appropriate procedures to ensure safety
<input type="checkbox"/>	(B) apply appropriate practices and procedures to improve skills in various fitness activities
<input type="checkbox"/>	(C) perform skills and appropriate techniques at a basic level of competency
<input type="checkbox"/>	(D) modify movement during performance using appropriate internal and external feedback
<input type="checkbox"/>	(E) explain various methods to achieve personal fitness, including interval training, circuit training, high-intensity interval training (HIIT), and functional fitness training
(3) Health, physical activity, and fitness. The physically literate student applies fitness principles that encompass personal fitness programs, nutrition, technology, and environmental awareness. The student is expected to:	
<input type="checkbox"/>	(A) demonstrate appropriate safety procedures, including wearing proper attire, using equipment safely, practicing exercise etiquette, and recognizing situational environmental hazards
<input type="checkbox"/>	(B) identify and describe exercise techniques that may be harmful or unsafe
<input type="checkbox"/>	(C) explain the relationships among hydration, physical activity, and environmental conditions
<input type="checkbox"/>	(D) explain the relationship between physical fitness and wellness
<input type="checkbox"/>	(E) participate in a variety of activities that develop health-related physical fitness
<input type="checkbox"/>	(F) describe training principles appropriate to enhance cardiorespiratory endurance, muscular strength and endurance, and flexibility
<input type="checkbox"/>	(G) exhibit a basic level of competency in two or more aerobic and two or more anaerobic activities
<input type="checkbox"/>	(H) select and use appropriate technology tools to evaluate, monitor, and improve health-related fitness
<input type="checkbox"/>	(I) design and implement a personal fitness program that includes health-related fitness components
<input type="checkbox"/>	(J) measure and evaluate personal skill-related components of physical fitness, including agility, balance, coordination, power, reaction time, and speed
<input type="checkbox"/>	(K) measure and evaluate personal fitness in terms of health-related fitness components
(4) 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:	
<input type="checkbox"/>	(A) describe and analyze the relationship between physical activity and social and emotional health
<input type="checkbox"/>	(B) discuss how improvement is possible with appropriate practice
<input type="checkbox"/>	(C) identify and respond to challenges, successes, conflicts, and failures in physical activities in socially appropriate ways
<input type="checkbox"/>	(D) explain how to accept successes and performance limitations of self and others by exhibiting appropriate behavior and response
<input type="checkbox"/>	(E) evaluate the impact of the use of technology on social and emotional health
(5) Lifetime wellness. The physically literate student comprehends practices that will impact daily performance, physical activity, and health	
<input type="checkbox"/>	(A) describe how sleep is essential to optimal performance and recovery
<input type="checkbox"/>	(B) identify myths associated with physical activity and nutritional practices
<input type="checkbox"/>	(C) explain the relationship between nutritional practices and physical activity
<input type="checkbox"/>	(D) explain the risks of over training
<input type="checkbox"/>	(E) evaluate consumer issues and trends related to physical fitness such as marketing claims promoting fitness and nutritional products, services, and supplements
<input type="checkbox"/>	analyze how nutrition, exercise, and other factors impact body composition