

## CTE Course Description and Standards Crosswalk

### Course Information

Course Name	Introduction to Fitness Professions Semester 1
Course Number	84031
Number of High School Credits	.5
Sequence or CTEPS (You must first have the Sequence or CTEPS entered into the EED-CTE system.)	Allied Health Health Informatics Pre-Nursing Sports and Fitness
Date of district Course Revision	September 2014

### Career & Technical Student Organization (CTSO)

CTSO embedded in this sequence	HOSA
--------------------------------	------

### Occupational Standards

Source of Occupational Standards	National Federation of State High School Associations (AAHPERD); National Consortium on Health Science and Technology Education (NCHSTE)
Names/Numbers of Occupational Standards	AAHPERD all, NCHSTE (1-11)

### Registration Information

Course Description (brief paragraph – as shown in your student handbook or course list)	Introduction to Fitness Professions Introduces exercise physiology, biomechanics and kinesiology in regards to sport and safe exercise. Prescription and Assessment of exercise for both individuals and groups will be covered. Students will explore careers and professional development opportunities in the sports and fitness industry.
Instructional Topic Headings (please separate each heading by a semi-colon)	Explore careers & professional development opportunities in sports and fitness; Exercise physiology; Biomechanics and kinesiology of exercise; Exercise assessment and prescription; Coaching fundamentals and techniques; National certifications that lead to opportunities for entrepreneurship within the fitness industry; Encourage CTSO involvement on the State and National level

### Summative Assessments and Standards

Technical Skills Assessment (TSA)	
Course addresses:	
New Alaska ELA and Math Standards	Yes
Alaska Cultural Standards	Yes
All Aspects of Industry (AAI)	Yes
Core Technical Standards	Yes
Employability Standards	Yes

### Employability Standards

Source of Employability Standards	State of Alaska
-----------------------------------	-----------------

### Tech Prep

Current Tech Prep Articulation Agreement? (Y/N)	
---	--

**DISTRICT NAME: Matanuska Susitna Borough School District**

Date of Current Agreement	
Postsecondary Institution Name	
Postsecondary Course Name	
Postsecondary Course Number	
# of Postsecondary Credits	

<b>Source/Organization/ Agency</b>	<b>Acronym</b>	<b>Website or Location of Information</b>	<b>Section, Chapters, etc. referenced in Performance Standards</b>	<b>Date of Edition or Version</b>
National Federation of High School Associations	AAHPERD	<a href="http://www.nfhs.org/">http://www.nfhs.org/</a>		
National Consortium on Health Science and Technology Education	NCHSTE	<a href="http://www.nchste.org">www.nchste.org</a>	Core Standards 1 - 11	

### Additional CTE Course Information

Author	
Course developed by	Jamie Smith & Joe Gardner
Course adapted from	n/a
Date of previous course revision	n/a
Course Delivery Model	
Is the course brokered through another institution or agency? (Y/N)	n

Standards Alignment
---------------------

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standard	Common Technical Core Standards	New Alaska ENG/LA Standards	New Alaska Math Standards	Alaska Cultural Standards	Employability/ Career Readiness Standards	All Aspects of Industry/ Systems	Assessment
Identify various career options in health, physical education and recreation.	<u>AAHPERD</u> 1-5  <u>NCHSTE</u> 1.1, 1.2, 2.1, 2.3, 4.1, 4.2, 4.3, 4.4, 6.1, 10.1, 11.1, 11.3	HL-1,2,4 CRP-1,7,10	SL.9-12.1 SL.11-12.2 SL.11-12.3 SL.11-12.4 SL.11-12.5 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.3 L.11-12.4 L.11-12.6 RST.9-10.3 RST.11-12.3 RST.11-12.4 WHST.9-10.6 WHST.9-10.7 WHST.9-10.8 WHST.11-12.1	N-Q.1 A-REI.1 F-IF.4 F-IF.6 F-IF.9 G-MG.1 S-ID.1 S-ID.2 S-IC.6 S-MD.7	B-2,3	A2,A5	Community Work habits	Class Discussions Written Assignment Interviews Unit Assessments Final Exams Research Project Student Presentation Portfolio

**DISTRICT NAME: Matanuska Susitna Borough School District**

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standard	Common Technical Core Standards	New Alaska ENG/LA Standards	New Alaska Math Standards	Alaska Cultural Standards	Employability/ Career Readiness Standards	All Aspects of Industry/ Systems	Assessment
			WHST.11-12.2 WHST.11-12.4 WHST.11-12.6 WHST.11-12.8					
Describe knowledge and practical application of the components of physical fitness.	<u>AAHPERD</u> 1-5  <u>NCHSTE</u> 1.1, 1.2, 2.1, 2.3, 4.1, 4.2, 4.3, 4.4, 6.1, 10.1, 11.1, 11.3	HL-1 CRP-2	SL.9-12.1 SL.11-12.2 SL.11-12.4 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.11-12.1 RST.11-12.2 RST.11-12.3 RST.11-12.4 RST.11-12.8 RST.11-12.9	S.MD.6 S.MD.7	B-2	A2	Technical Skills	Class Discussions Written Assignment Unit Assessments HOSA Exams Student Presentation Portfolio
Explain the bioenergetics of exercise	<u>AAHPERD</u> 1-5  <u>NCHSTE</u> 1.1, 1.2, 2.2, 2.3, 7.2, 7.3, 9.1, 11.1	HL-BRD2 CRP-2	SL.9-12.1 SL.11-12.2 SL.11-12.3 SL.11-12.4 SL.11-12.5 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.9-10.3 RST.11-12.8 WHST.9-10.7 WHST.11-12.1 WHST.11-12.4	N-Q.1 N-Q.2 N-Q.3 A-REI.2 G-CO.4 G-MG.2	B-2,4	A2, A5	Technical Skills  Work Habits	Class Discussions Written Assignment Unit Assessments HOSA I Exams Student Presentation Portfolio

**DISTRICT NAME: Matanuska Susitna Borough School District**

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standard	Common Technical Core Standards	New Alaska ENG/LA Standards	New Alaska Math Standards	Alaska Cultural Standards	Employability/ Career Readiness Standards	All Aspects of Industry/ Systems	Assessment
Describe the cardiovascular responses to aerobic exercise and how cardiovascular endurance can be improved.	<u>AAHPERD</u> 2, 3  <u>NCHSTE</u> 1.1, 1.2, 2.2, 2.3, 7.2, 7.3, 9.1, 11.1	HL-1 CRP-2	SL.9-12.1 SL.11-12.2 SL.11-12.3 SL.11-12.4 SL.11-12.5 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.9-10.3 RST.11-12.8 WHST.9-10.7 WHST.11-12.1 WHST.11-12.4	N-Q.1 N-Q.2 N-Q.3 A-REI.2 F-IF.4 G-MG.2	B-2,4	A2, A5	Technical Skills  Work Habits	Class Discussions Written Assignment Unit Assessments HOSA Exams Student Presentation Portfolio
Give examples of appropriate strength and flexibility exercises.	<u>AAHPERD</u> 1, 3  <u>NCHSTE</u> 1.1, 1.2, 2.2, 2.3, 7.2, 7.3, 9.1, 11.1	HL-1 CRP-2	SL.9-12.1 SL.11-12.2 SL.11-12.4 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.11-12.1 RST.11-12.2 RST.11-12.3 RST.11-12.4 RST.11-12.8 RST.11-12.9	S.MD.6 S.MD.7	B-2,4	A2, A5	Technical Skills  Work Habits	Class Discussions Written Assignment Unit Assessments HOSA Exams Student Presentation Portfolio
Describe an effective coaching philosophy.	<u>AAHPERD</u> 1-5  <u>NCHSTE</u> 2.1, 2.2, 2.3, 4.1, 4.2, 4.4, 5.1, 5.2, 6.1, 6.2, 7.1, 7.2, 7.3, 7.4, 7.5, 8.1, 8.2, 11.1, 11.2	HL-1,2,4 CRP-2	SL.9-12.1 SL.11-12.2 SL.11-12.4 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.6 RST.11-12.1 RST.11-12.2	S.MD.6 S.MD.7	B-2,4 C-2 E-6,7	A2, A5	Community Technical Skills  Work Habits	Class Discussions Written Assignment Unit Assessments HOSA Exams Student Presentation

**DISTRICT NAME: Matanuska Susitna Borough School District**

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standard	Common Technical Core Standards	New Alaska ENG/LA Standards	New Alaska Math Standards	Alaska Cultural Standards	Employability/ Career Readiness Standards	All Aspects of Industry/ Systems	Assessment
			RST.11-12.3 RST.11-12.4 RST.11-12.8 RST.11-12.9					
Outline a teaching plan for teaching sport skills.	<u>AAHPERD</u> 1-5  <u>NCHSTE</u> 2.1, 2.3, 11.3	HL-1,2,4 CRP-2	SL.9-12.1 SL.11-12.2 SL.11-12.3 SL.11-12.4 SL.11-12.5 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.3 L.11-12.4 L.11-12.6 RST.9-10.3 RST.11-12.3 RST.11-12.4 WHST.9-10.6 WHST.9-10.7 WHST.9-10.8 WHST.11-12.1 WHST.11-12.2 WHST.11-12.4 WHST.11-12.6 WHST.11-12.8	N-Q.1 N-Q.2 N-Q.3 A-REI.2 G-CO.2 G-CO.4 G-MG.1 S-IC.6	B-2,4 C-2 E-6,7	A2, A5	Community Technical Skills  Work Habits	Class Discussions Written Assignment Unit Assessments Final Exams Student Presentation Portfolio
Outline basic nutritional guidelines for athletes.	<u>AAHPERD</u> 2, 5 <u>NCHSTE</u> 2.1, 2.3, 7.2, 7.3, 9.1, 11.1,	HL-1,2,4 CRP-2	SL.9-12.1 SL.11-12.2 SL.11-12.4 SL.11-12.6 L.9-12.1 L.11-12.2	N.Q.2 N.Q.3 G.MG.1 G.MG.2 S.IC.6	B-2,4	A2, A5	Technical Skills  Work Habits	Class Discussions Written Assignment Unit Assessments Final Exams Student

**DISTRICT NAME: Matanuska Susitna Borough School District**

Student Performance Standards (Learner Outcomes or Knowledge & Skill Statements)	Specific Occupational Skills Standard	Common Technical Core Standards	New Alaska ENG/LA Standards	New Alaska Math Standards	Alaska Cultural Standards	Employability/ Career Readiness Standards	All Aspects of Industry/ Systems	Assessment
			L.11-12.6 RST.11-12.1 RST.11-12.2 RST.11-12.3 RST.11-12.4 RST.11-12.8 RST.11-12.9					Presentation Portfolio HOSA Nutrition Knowledge test
Discuss effective coaching techniques as outlined in NFHS/NSSC "Fundamentals of Coaching."	<u>NFHS/NSSC</u> Standards 8,13,24,31,40  <u>AAHPERD</u> 1-5	HL-1,2,4 CRP-2	SL.9-12.1 SL.11-12.2 SL.11-12.3 SL.11-12.4 SL.11-12.5 SL.11-12.6 L.9-12.1 L.11-12.2 L.11-12.3 L.11-12.4 L.11-12.6 RST.9-10.3 RST.11-12.3 RST.11-12.4 WHST.9-10.6 WHST.9-10.7 WHST.9-10.8 WHST.11-12.1 WHST.11-12.2 WHST.11-12.4 WHST.11-12.6 WHST.11-12.8	N-Q.1 N-Q.2 N-Q.3 S-ID.2 S-IC.6 S-MD.7	B-2,4	A2, A5	Technical Skills  Work Habits	Discussion and National Exam Class Discussions Written Assignment Skill Station Assessments Unit Assessments Final Exams Student Demonstration Research Project Student Presentation Portfolio

**DISTRICT NAME: Matanuska Susitna Borough School District**

**Instructional Resources**

**List the major instructional resources used for this course: (websites, textbooks, essential equipment, reference materials, supplies)**

**NFHS-National Federation of High School Sports  
ASAA-Alaska School Activities Association**