

CTE Course Description and Standards Crosswalk

Course Information

Course Name	Introduction to Fitness Professions Semester 2
Course Number	84032
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
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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
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Tech Prep

Current Tech Prep Articulation Agreement? (Y/N)	
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Date of Current Agreement	
Postsecondary Institution Name	
Postsecondary Course Name	
Postsecondary Course Number	
# of Postsecondary Credits	

Source/Organization/ Agency	Acronym	Website or Location of Information	Section, Chapters, etc. referenced in Performance Standards	Date of Edition or Version
National Federation of High School Associations	AAHPERD	http://www.nfhs.org/		
National Consortium on Health Science and Technology Education	NCHSTE	www.nchste.org	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
Summarize 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

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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					
Illustrate the 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
Summarize 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

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Analyze how 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
Plan a 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
Develop 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

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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					
Implement 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
Formulate a 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 Presentation

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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					Portfolio HOSA Nutrition Knowledge test
Develop 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

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Instructional Resources

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