

CTE Course Description and Standards Crosswalk

Course Information

Course Name	Physiology of Exercise/Fitness Semester 1
Course Number	84091
Number of High School Credits	.5
Sequence or CTEPS (You must first have the Sequence or CTEPS entered into the EED-CTE system.)	Sports & Fitness
Date of district Course Revision	May 2014

Career & Technical Student Organization (CTSO)

CTSO embedded in this sequence	HOSA
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Occupational Standards

Source of Occupational Standards	National Consortium on Health Science and Technology Education (NCHSTE)
Names/Numbers of Occupational Standards	Health Care Core Standards and Therapeutic Services Pathway Standards & Accountability Criteria

Registration Information

Course Description (brief paragraph – as shown in your student handbook or course list)	Physiology of Exercise and Fitness introduces anatomy, physiology, and injuries most commonly encountered on the athletic field, gymnasium, or sports arena. Techniques used in the initial management and rehabilitation of those injuries are also covered. This course is recommended for students interested in fitness and sports medicine.
Instructional Topic Headings (please separate each heading by a semi-colon)	Kinesiology; Circulatory System; Bones and Soft Tissue; Foot, Ankle and Lower Leg; The Knee; The Hip and Pelvis; The Elbow, Wrist, and Hand; The Shoulder; The Chest and Abdomen; The Head and Face; The Spine The Skin

Summative Assessments and Standards

Technical Skills Assessment (TSA)	No
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)	No
Date of Current Agreement	
Postsecondary Institution Name	
Postsecondary Course Name	
Postsecondary Course Number	
# of Postsecondary Credits	

Additional CTE Course Information

Author	
Course developed by	Revised by Joe Gardner and James Smith
Course adapted from	Physiology of Exercise and Fitness
Date of previous course revision	Dec 2006
Course Delivery Model	
Is the course brokered through another institution or agency? (Y/N)	No

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
Describe the basic structure and functions of cells, tissues, organs, and systems as they relate to homeostasis.	<u>NCHSTE</u> 1.1	HL-THR 1-4	SL.11-12.1.a SL 11-12.2 SL 11-12.4 L.11-12.1a-12.3 RST 11-12.3 RST. 11-12.8	N-Q.1 N-Q.3 F-IF.4 G-CO.1 G-MG.1 G-MG.2 S-IC.1 S-IC.6	A2	B2	Technical Skills	Class Discussions Written Assignment Unit Assessments Final Exams Student Presentation Portfolio
Compare relationships among cells, tissues, organs, and systems.	<u>NCHSTE</u> 1.1	HL-THR 1-4	SL 11-12.2 SL 11-12.4 L.11-12.1a-12.3 RST 11-12.3	N-Q.1 N-Q.3 F-IF.4 G-CO.1 G-MG.1 G-MG.2 S-IC.1 S-IC.6	A2	B2	Technical Skills	Class Discussions Written Assignment Unit Assessments Final Exams Student

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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. 11-12.8					Presentation Portfolio
Examine the interdependence of the body systems as they relate to wellness, disease, disorders, therapies and care/rehabilitation.	<u>NCHSTE</u> 1.1, 1.2	HL-THR 1-4	SL 11-12.2 SL 11-12.4 L.11-12.1a- RST 11-12.3 RST. 11-12.8	N-Q.1 N-Q.3 F-IF.4 G-CO.1 G-MG.1 G-MG.2 S-IC.1 S-IC.6	A2	B2	Technical Skills	Class Discussions Written Assignment Unit Assessments Final Exams Student Presentation Portfolio
Explain the study of kinesiology.	<u>NCHSTE</u> 1.1	HL-THR 1-4	SL 11-12.2 SL 11-12.4 L.11-12.1a- RST 11-12.3	N-Q.1 N-Q.3 F-IF.4 G-CO.1 G-MG.1 G-MG.2 S-IC.1 S-IC.6	A2	B2	Technical Skills	Class Discussions Written Assignment Unit Assessments Final Exams Student Presentation Portfolio
Explain the dangers associated with cardiopulmonary effects of shock.	<u>NCHSTE</u> 1.2, 7.5	HL-THR 1-4	SL 11-12.2 SL 11-12.4 L.11-12.1a- RST 11-12.3 RST. 11-12.8	N-Q.1 N-Q.3 F-IF.4 G-CO.1 G-MG.1 G-MG.2 S-IC.1 S-IC.6 S-MD.6 S-MD.7	A2	B2	Technical Skills	Class Discussions Written Assignment Unit Assessments Final Exams Student Presentation Portfolio
Explain the common injuries affecting the foot, ankle, and lower leg.	<u>NCHSTE</u> 1.1, 1.2, 7.5	HL-THR 1-4	SL 11-12.2 SL 11-12.4	N-Q.1 N-Q.3 F-IF.4 G-CO.1	A2	B2	Technical Skills	Class Discussions Written Assignment

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			L.11-12.1a-RST 11-12.3 RST. 11-12.8	G-MG.1 G-MG.2 S-IC.1 S-IC.6 S-MD.6 S-MD.7				Unit Assessments Final Exams Student Presentation Portfolio
Describe how the stability of the shoulder is maintained.	<u>NCHSTE</u> 1.1	HL-THR 1-4	SL 11-12.2 SL 11-12.4 L.11-12.1a-RST 11-12.3	N-Q.1 N-Q.3 F-IF.4 G-CO.1 G-MG.1 G-MG.2 S-IC.1 S-IC.6 S-MD.6 S-MD.7	A2	B2	Technical Skills	Class Discussions Written Assignment Unit Assessments Final Exams Student Presentation Portfolio
Discuss the significance of chest and abdominal injuries.	<u>NCHSTE</u> 1.1, 1.2	HL-THR 1-4	SL 11-12.2 SL 11-12.4 L.11-12.1a-RST 11-12.3	N-Q.1 N-Q.3 F-IF.4 G-CO.1 G-MG.1 G-MG.2 S-IC.1 S-IC.6 S-MD.6 S-MD.7	A2	B2	Technical Skills	Class Discussions Written Assignment Unit Assessments Final Exams Student Presentation Portfolio
Explain various injuries of the brain that an athlete might suffer.	<u>NCHSTE</u> 1.1, 1.2	HL-THR 1-4	SL 11-12.2 SL 11-12.4 L.11-12.1a-RST 11-12.3 WHST.9-10.6	N-Q.1 N-Q.3 F-IF.4 G-CO.1 G-MG.1 G-MG.2 S-IC.1 S-IC.6 N-Q.1 N-Q.3	A2	B2	Technical Skills	Class Discussions Written Assignment Unit Assessments Final Exams Student Presentation Portfolio

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				F-IF.4 S-IC.1 S-MD.6 S-MD.7				
Describe the management protocols for an athlete with a back injury.	<u>NCHSTE</u> 1.1, 1.2	HL-THR 1-4	SL 11-12.2 SL 11-12.4 L.11-12.1a-12.3 RST 11-12.3 WHST.9-10.6 WHST.910.8	N-Q.1 N-Q.3 F-IF.4 G-CO.1 G-MG.1 G-MG.2 S-IC.1 S-IC.6 N-Q.1 N-Q.3 F-IF.4 S-IC.1 S-MD.6 S-MD.7	A2	B2	Technical Skills	Class Discussions Written Assignment Unit Assessments Final Exams Student Presentation Portfolio
Participate in CTSO classroom activities.	<u>NCHSTE</u> 2.1, 2.2, 4.1, 4.2, 8	CRP 1,2,4,7,8,9,11,12	SL 11-12.2 SL 11-12.4 L.11-12.1a-12.3 RST 11-12.3 WHST.9-10.6 WHST.910.8 WHST.11-12.4	A-REI.1 F-IF.4 G-CO.1 G-CO.6 G-MG.1 G-MG.2 S-IC.1 S-IC.6 S-MD.7	A1,2,3,4,5,7 B1,2,3,4,5	A7, B2, C2, C4, E7, E8	Planning Mgmt Community Work Habit Technical Skills	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)