



MODULE A: PHYSICAL ACTIVITY PRACTICUM

Specific Learning Outcomes

Introduction

Lesson 1: Personal Physical Activity Inventory

Lesson 2: Managing Risks Related to Physical Activity

Lesson 3: Implementing the Safety and Physical
Activity Plan

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Specific Learning Outcomes

- 11.PA.1** Demonstrate appropriate critical thinking, planning, and decision-making skills in the development and implementation of a personal physical activity plan that is safe and ethical and contributes to health-related fitness goals.
- 11.PA.2** Demonstrate an understanding of the risk-management process and responsibilities related to physical activity participation.
- 11.PA.3** Demonstrate the ability to access and use information for making informed decisions about safety and risk management related to physical activity participation.
Includes: level of instruction, level of supervision, facilities/environment, equipment, clothing/footwear, and personal and other considerations
- 11.PA.4** Apply movement skills and concepts in selected physical activities that meet the goals of a personal physical activity plan.
- 11.PA.5** Participate in physical activities at a moderate to vigorous intensity level.
- 11.PA.6** Record and report the frequency, intensity, time, and type of the physical activities, as indicated in the personal physical activity plan, and reflect on physical activity participation.