

FITNESS ASSESSMENT AND PROGRAM PLANNING MODULE

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Grade-Level Outcomes Addressed, by Lesson	Lessons															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.																
Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)				P	P	P	P	P	P	P	P	P	P	P		
Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.																
Discusses the benefits of a physically active lifestyle as it relates to college or career productivity. (S3.H1.L1)								E				E	P			
Evaluates risks and safety factors that might affect physical activity preferences throughout the life cycle. (S3.H5.L1)									E				E			
Demonstrates appropriate technique on resistance-training machines and with free weights. (S3.H7.L1)				P	P		P		P			P		P		
Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation [PNF], dynamic) for personal fitness development (e.g., strength, endurance, range of motion). (S3.H9.L1)				E	E		E		E					E		
Calculates target heart rate and applies that information to personal fitness plan. (S3.H10.L1)	E					P		P		P	P		P			
Designs a fitness program, including all components of health-related fitness, for a college student and an employee in the learner's chosen field of work. (S3.H12.L1)	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Analyzes the components of skill-related fitness in relation to life and career goals and designs an appropriate fitness program for those goals. (S3.H12.L2)																P
Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.																
Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1)											E					
Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)				P												
Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups (S4.H4.L1)															E	E
Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)	P	P	P	P	P	E	P		P			P		P		
Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.																
Analyzes the health benefits of a self-selected physical activity. (S5.H1.L1)															E	

P = Primary; E = Embedded