

Advanced Kinesiology - Level 1

Anchor Standard 1: Motor Skills and Movement Patterns: *The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.* [PE19.AK1.1](#)

A AK-1.1 Motor Skills and Movement Patterns: *Movement concepts, principles, and knowledge* [PE19.AK1.1.A](#)

- 1 Describe proper movement techniques for participating in self-selected lifetime activities. [PE19.AK1.1.1](#)

B AK-1.2 Motor Skills and Movement Patterns: *Dance and rhythmic activities* [PE19.AK1.1.B](#)

- 2 Identify, explain, and apply coordination, explosive power, and speed that enhance performance levels in rhythmic movement and dance. [PE19.AK1.1.2](#)

C AK-1.3 Motor Skills and Movement Patterns: *Lifetime activities* [PE19.AK1.1.C](#)

- 3 Generate a list of health-enhancing lifetime activities. [PE19.AK1.1.3](#)

Anchor Standard 2: Movement and performance: *The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.* [PE19.AK1.2](#)

A AK-2.1 Movement and Performance: *Knowledge of anatomy (muscles, bones, and joints)* [PE19.AK1.2.A](#)

- 1 Explain the interaction among the bones, joints, and muscles that occurs during physical activity. [PE19.AK1.2.1](#)

B AK-2.2 Movement and Performance: *Strategies of kinesiology* [PE19.AK1.2.B](#)

- 2 Explain how the components on the state-mandated physical fitness test relate to human movement and continuous, healthy physical fitness activity. [PE19.AK1.2.2](#)

Anchor Standard 3: Physical Activity and Fitness: *The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.* [PE19.AK1.3](#)

A AK-3.1 Physical Activity and Fitness: *Physical activity knowledge* [PE19.AK1.3.A](#)

- 1 Assess circumstances that might affect physical activity choices throughout the life cycle. [PE19.AK1.3.1](#)

B AK-3.2 Physical Activity and Fitness: *Physical literacy* [PE19.AK1.3.B](#)

- 2 Research numerous available career fields related to kinesiology. [PE19.AK1.3.2](#)

C AK-3.3 Physical Activity and Fitness: *Career opportunities* [PE19.AK1.3.C](#)

- 3 Analyze consumer health products and programs related to fitness and the impact on different career choices. [PE19.AK1.3.3](#)

**Anchor Standard 4:
Personal and Social
Behavior: _The
physically literate
individual exhibits
responsible personal
and social behavior that
respects self and
others._** PE19.AK1.4

A AK-4.1 Personal and Social Behavior: _Personal responsibility_ PE19.AK1.4.A

- 1 Analyze the role physical activity plays in social interaction and cooperative opportunities within the family and the workplace. PE19.AK1.4.1

B AK-4.2 Personal and Social Behavior: _Rules and etiquette_ PE19.AK1.4.B

- 2 Interview an employer in a self-selected career in the field of kinesiology, asking for a copy of the company employee policy manual. PE19.AK1.4.2

C AK-4.3 Personal and Social Behavior: _Working with others_ PE19.AK1.4.C

- 3 Explain the importance of cooperation and positive interactions with others working in the field of kinesiology. PE19.AK1.4.3

D AK-4.4 Personal and Social Behavior: _Safety_ PE19.AK1.4.D

- 4 Explain the inherent risks associated with various careers in kinesiology or physical fitness. PE19.AK1.4.4

**Anchor Standard 5:
Values Physical Activity:
_The physically literate
individual recognizes
the value of physical
activity for health,
enjoyment, challenge,
self-expression, and/or
social
interaction._** PE19.AK1.5

A AK-5.1 Values Physical Activity: _Health_ PE19.AK1.5.A

- 1 Research the benefits of proper nutrition and daily physical activity. PE19.AK1.5.1

B AK-5.2 Values Physical Activity: _Choices_ PE19.AK1.5.B

- 2 Explore the relationship among the brain, fitness, and nutrition and how they affect each other. PE19.AK1.5.2

C AK-5.3 Values Physical Activity: _Social interaction_ PE19.AK1.5.C

- 3 Identify how social interaction influences their own nutrition and physical activity choices, and how they respond based on the social situation. PE19.AK1.5.3