

Physical Education Content Specifications

| Part I: Content Domains | |
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| Domain 1: Movement Skills and Movement Knowledge | |
| 1. Basic Movement Skills | Courses that address this content |
| a. Movement concepts including body awareness, space awareness, and movement exploration. | KNES 386 |
| b. Locomotor, nonlocomotor, and manipulation skills | KNES 386 |
| c. Basic concepts of biomechanics that affect movement, such as how the body moves and how such movement is influenced by gravity, friction, and the laws of motion. | KNES 386 |
| d. Critical elements of basic movement skills, such as stepping in opposition when throwing and/or following through when kicking a ball | KNES 386 |
| 2 Exercise Physiology: Health and Physical Fitness | |
| a. Health and fitness benefits and associated risks, supporting a physically active lifestyle, related to safety and medical factors (e.g. asthma, diabetes). | KNES 386 HESC 358 |
| b. Exercise principles such as frequency, intensity, and time to select activities that promote physical fitness. Physical fitness components, such as flexibility, muscular strength and endurance, cardio respiratory endurance, and body composition. | KNES 386 |
| 3. Movement Forms: Content Areas | |
| a. A variety of traditional and nontraditional games, sports, dance, and other physical activities. | KNES 386 |
| b. Basic rules and social etiquette for physical activities. | KNES 386 |
| c. Select activities for their potential to include all students regardless of gender, race, culture, religion, abilities, or disabilities. | KNES 386 |
| d. Integrate activities with other content areas, such as math and science. | KNES 386 |
| Domain 2: Self Image and Personal Development | |
| | Courses that address this content |
| 2 Physical Growth and Development | |
| a. Identify the sequential development of fine and gross motor skills in children and young adolescents. | CAS 312, 325A, 325B KNES 386 |
| b. Describe the influence of growth spurts (changes in height and weight) and body type on movement and coordination. | CAS 312, 325A, 325B KNES 386 |
| c. Recognize the impact of factors such as exercise, relaxation, nutrition, stress, and substance abuse on physical health and general well being. | CAS 325B KNES 386 HESC 358 |
| d. Discover the role of physical activity in the development of a positive self-image, and how psychological skills such as goal setting are selected to promote lifelong participation in physical activity. | CAS 325B KNES 386 |

| Domain 3: Social Development | Courses that address this content |
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| 3.1 Social Aspects of Physical Education | |
| a. Recognize individual differences such as gender, race, culture, ability, or disability. | CAS 312, 325A, 325B KNES 386 |
| b. Describe the developmental appropriateness of cooperation, competition, and responsible social behavior for children of different ages. | CAS 312, 325A, 325B KNES 386 |
| c. List activities to provide opportunities for enjoyment, self-expression, and communication. | KNES 386 |
| 3.2 Cultural and Historical Aspects of Movement Forms | |
| a. Cultural and historical influences on games, sports, dance, and other physical activities. | KNES 386 |

| Part II: Subject Matter Skills and Abilities Applicable to the Content Domains in Physical Education | |
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| 1. Movement | |
| a. Movement concepts including body awareness, space awareness, and movement exploration. | KNES 386 |
| b. Locomotor, nonlocomotor, and manipulation skills | KNES 386 |
| c. Basic concepts of biomechanics that affect movement, such as how the body moves and how such movement is influenced by gravity, friction, and the laws of motion. | KNES 386 |
| d. Critical elements of basic movement skills, such as stepping in opposition when throwing and/or following through when kicking a ball | KNES 386 |
| 2. Fitness | |
| a. Health and fitness benefits and associated risks, supporting a physically active lifestyle, related to safety and medical factors (e.g. asthma, diabetes). | KNES 386 |
| b. Exercise principles such as frequency, intensity, and time to select activities that promote physical fitness. Physical fitness components, such as flexibility, muscular strength and endurance, cardio respiratory endurance, and body composition. | KNES 386 |
| 3. Social Skills | |
| a. A variety of traditional and nontraditional games, sports, dance, and other physical activities. | KNES 386 |
| b. Basic rules and social etiquette for physical activities | KNES 386 |
| c. Select activities for their potential to include all students regardless of gender, race, culture, religion, abilities, or disabilities. | KNES 386 |
| d. Integrate activities with other content areas, such as math and science. | KNES 386 |
| 4. Development | |
| a. Identify the sequential development of fine and gross motor skills in children and young adolescents | CAS 312, 325A, 325B KNES 386 |
| b. Describe the influence of growth spurts (changes in height and weight) and body type on movement and coordination | CAS 312, 325A, 325B KNES 386 |

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| c. Recognize the impact of factors such as exercise, relaxation, nutrition, stress, and substance abuse on physical health and general well being. | CAS 312, 325A, 325B KNES 386 |
| 5. Self Image | |
| a. Discover the role of physical activity in the development of a positive self-image, and how psychological skills such as goal setting are selected to promote lifelong participation in physical activity. | KNES 386 |
| 6. Diversity and Social Issues | |
| a. Recognize individual differences such as gender, race, culture, ability, or disability. | CAS 312, 325A, 325B KNES 386 |
| b. Describe the developmental appropriateness of cooperation, competition, and responsible social behavior for children of different ages. | KNES 386 |
| c. List activities to provide opportunities for enjoyment, self-expression, and communication. | KNES 386 |
| 7. Cultural and historical influences on games, sports, dance, and other physical activities. | KNES 386 |