



HIGH SCHOOL COURSE 3E
Aquatic Activities



High School Courses 1 and 2 are designed to be completed before a student enrolls in High School Course 3E.

STANDARD 1: STUDENTS DEMONSTRATE KNOWLEDGE OF AND COMPETENCY IN MOTOR SKILLS, MOVEMENT PATTERNS, AND STRATEGIES NEEDED TO PERFORM A VARIETY OF PHYSICAL ACTIVITIES.

- 1.1 Demonstrate advanced knowledge and skills in two or more aquatic activities, selecting one or more from each of the following categories:

<i>Category 1</i>	<i>Category 2</i>
Diving	Life guarding
Kayaking/Canoeing/	Scuba diving
Rowing	Synchronized
Snorkeling	swimming
Swimming	Water polo
- 1.2 Identify the characteristics and critical elements of a highly skilled performance in aquatic activities and demonstrate them.
- 1.3 Apply previously learned movement concepts to the learning and development of the motor skills required for successful participation in aquatic activities.
- 1.4 Identify and apply the principles of biomechanics necessary for the safe and successful performance of aquatic activities.
- 1.5 List the safety equipment required for participation in aquatic activities; describe and demonstrate the use of such equipment.
- 1.6 Demonstrate independent learning of movement skills in aquatic activities.
- 1.7 Identify and practice the safety skills necessary for entering swimming pools, lakes, rivers, and oceans (e.g., walking, jumping, falling, and diving).
- 1.8 Demonstrate and explain basic water rescue with and without equipment.
- 1.9 Demonstrate and explain basic cardiopulmonary resuscitation.

STANDARD 2: STUDENTS ACHIEVE A LEVEL OF PHYSICAL FITNESS FOR HEALTH AND PERFORMANCE WHILE DEMONSTRATING KNOWLEDGE OF FITNESS CONCEPTS, PRINCIPLES, AND STRATEGIES.

- 2.1 Meet physical fitness standards that exceed those of a scientifically based health-related fitness assessment.
- 2.2 Participate in aquatic activities that improve or maintain health-related physical fitness.
- 2.3 Analyze the effects of participation in aquatic activities on levels of health-related physical fitness activities and a personal fitness program.
- 2.4 Improve or maintain one’s physical fitness by adjusting physical activity levels according to the principles of exercise.
- 2.5 Explain the relationship between participation in aquatic activities and indicators of good health.
- 2.6 Demonstrate the ability to develop criteria and analyze factors to consider in the purchase of products and programs related to aquatic activities.
- 2.7 Develop and implement a month-long personal physical fitness plan that includes aquatic activities.
- 2.8 Explain how aquatic activities contribute to the development and maintenance of health-related physical fitness.
- 2.9 Create and implement aquatic programs that improve health-related physical fitness.

STANDARD 3: STUDENTS DEMONSTRATE KNOWLEDGE OF PSYCHOLOGICAL AND SOCIOLOGICAL CONCEPTS, PRINCIPLES, AND STRATEGIES THAT APPLY TO THE LEARNING AND PERFORMANCE OF PHYSICAL ACTIVITY.

Self Responsibility

- 3.1 Compare and contrast the effective leadership skills used in aquatic activities and those used in other physical activities.
- 3.2 Develop personal goals to improve performance in aquatic activities.
- 3.3 Identify and analyze aquatic activities that enhance personal enjoyment.

- 3.4 Evaluate the risks and safety factors that may affect participation in aquatic activities throughout a lifetime.
- 3.5 Identify and demonstrate personal responsibilities for safety and hygiene in the aquatics setting.

Social Interaction

- 3.6 Explain how to select and modify aquatic activities to allow for participation by younger children, the elderly, and individuals with special needs
- 3.6 Analyze the role of social interaction in the successful participation in and enjoyment of aquatic activities.

Group Dynamics

- 3.7 Accept and perform planned and spontaneous leadership assignments and roles in aquatic activities.
- 3.8 Analyze the role that cooperation and leadership play in aquatic activities.
- 3.9 Engage in aquatic activities both in school and outside school.