

# 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