

PHYSICAL EDUCATION KNOWLEDGE PACKET 3

For students completing their 3rd non-activity-based competency credit for PE.



Washington State Physical Education Standards Checklist

The following document explains how each portion of the knowledge activity connects to a Washington State Physical Education learning standard.

Physical Education Standard 1: *Students will demonstrate competency in a variety of motor skills and movement patterns.* (Met by participating in your self-selected activity)

Physical Education Standard 2: *Students will apply knowledge of concepts, principles, strategies and tactics related to movement and performance.* (Met by completing the Sport/Activity Analysis and Individual Fitness Plan in packet 1)

Physical Education Standard 3: *Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.* (Met by completing Individual Fitness Plan in packet 1 and completing Fitness for a Lifetime program in packet 2)

Physical Education Standard 4: *Students will exhibit responsible personal and social behavior that respects self and others.* (Met by participating in your self-selected activity)

Physical Education Standard 5: *Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.* (Met by completing the Sport/Activity Analysis in packet 1 and Fitness for a Lifetime program in packet 2)



**Application for Competency-Based Program to Meet
Non-Activity-Based Physical Education Credit Requirement**

Student Information

Name _____ Student # _____
School _____ Grade 9 10 11 12
Address _____
(Street, City, Zip)
Phone _____
Reason applying for program: _____

I wish to meet the PE requirement through non-activity-based competency credit. I understand that if I do not complete the documentation or reflection, I will either need to repeat the process or take a PE course for credit. I understand this process will fulfill a .5 PE credit requirement for graduation. I understand that per the Washington State Board of Education: *The physical education requirement is a core subject area requirement that may not be waived. Individual students may be excused locally from participating in the fitness portion of physical education "on account of physical disability, employment, religious belief, or because of participation in directed athletics or military science and tactics or for other good cause."* (RCW 28A.230.050). WAC 180-51-067, WAC 180-51-068, and WAC 180-51-210, clarify that such excused students shall be required to demonstrate proficiency/competency in the knowledge portion of the physical education requirement.

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

The non-activity-based competency credit for physical education may only be completed with prior approval by principal.

Principal Signature _____ Date _____

To be completed upon submission of this packet

- The student has successfully completed the knowledge portion to earn .5 credit of the PE requirement.

Principal Signature _____ Date _____

Concepts of Physical Education

STUDENT'S VERSION (PRINTABLE)

Name: _____ Date: _____
Period: _____ Teacher: _____
School: _____

Multiple Choice (select one answer)

1. Which of the following static stretching programs would best maintain or improve the overall flexibility of a student? (1 pt.)
- ☐ A. Fifty to sixty minutes, once a week
 - ☐ B. Twenty to thirty minutes, once a week
 - ☐ C. Five to ten minutes, three days a week
 - ☐ D. Fifteen to thirty minutes, seven days a week

Multiple Choice (select one answer)

2. Which of the following routines represents the most appropriate form of exercise that a person should participate in at the beginning of a fitness program? (1 pt.)
- ☐ A. Vigorous aerobic dance three times a week
 - ☐ B. Brisk walking for thirty minutes three times a week
 - ☐ C. Running three to five miles two times a week
 - ☐ D. Swimming for one hour five times a week

Multiple Choice (select three answers)

3. Identify *three* benefits of the warm-up phase of a workout. (3 pts.)
- ☐ A. Prevent injuries by increasing blood flow to the muscles
 - ☐ B. Increase body temperature
 - ☐ C. Stretch large body muscles to increase elasticity
 - ☐ D. Decrease heart rate

Short Answer

4. Create a cardiorespiratory endurance plan for a sedentary teen, using the FITT principle that would support improvement for this component. (4 pts.)

Component of Health-Related Fitness—Cardiorespiratory Endurance

Frequency: _____

Intensity: _____

Time: _____

Type: _____

Multiple Choice (select one answer)

5. Which example best demonstrates the principle of specificity? (1 pt.)

- ☐ A. Push-ups to gain flexibility
- ☐ B. Pull-ups to decrease body fat
- ☐ C. Bicep curls to increase muscular strength in biceps
- ☐ D. Repetitions of heavy weights to increase muscular endurance

Short Answer

6. A thirty-two-year-old accountant spends much of the day working at the computer. The accountant's body fat percentage is approaching the healthy level for their age. They take a twenty-minute walk, three days a week, but are not training in their target heart-rate zone. (3 pts.)

- ⌕ Identify **two** changes the accountant needs to make that would increase intensity and improve the current fitness level for cardiorespiratory endurance.
- ⌕ Explain how those changes impact cardiorespiratory health.

Change 1: _____

Change 2: _____

Explain how those changes impact cardiorespiratory health: _____

Multiple Choice (select one answer)

7. How could a weight lifting program, focused on muscular endurance, impact body composition? (1 pt.)

- ☐ A. Increase body fat percentage
- ☐ B. Decrease body fat percentage
- ☐ C. No impact on body fat percentage
- ☐ D. None of the above

Short Answer

8. Discuss two benefits of physical activity achieved by participating in a regular fitness program after graduation. (2 pts.)

Benefit 1: _____

Benefit 2: _____

Multiple Choice (select one answer)

9. Which of the following strategies should be used when returning to a workout program after an extended illness? (1 pt.)

- ☒ A. Return at a lower level of intensity.
☒ B. Return at the same level of intensity.
☒ C. Return at a higher level of intensity.
☒ D. None of the above.

Short Answer

10. Specificity, along with rest and recovery, are two training principles that are an important part of any fitness program. Choose *two* of the remaining training principles and explain the role of each in a fitness plan. (4 pts.)

Training principle 1: _____

Role in exercise program: _____

Training principle 2: _____

Role in exercise program: _____

Short Answer

11. A 26-year-old, with a poor diet, has not exercised since high school. The results of a fitness evaluation suggest an unhealthy range in all of the components of health-related fitness. (3 pts.)

Explain one physical, mental, and professional benefit that an effective, consistent muscular endurance fitness plan would provide.

Physical benefit: _____

Mental benefit: _____

Professional benefit: _____

Multiple Choice (select two answers)

12. Which *two* of the following risk factors would lead a person to seek medical guidance before starting a fitness program? (2 pts.)

- ☐ A. Asthma
- ☐ B. Food allergy
- ☐ C. Common cold
- ☐ D. Concussion

Short Answer

13. Explain why the push-up test is muscular strength for some students and muscular endurance for others. (2 pts.)

Short Answer

14. Name two activities that specifically promote flexibility. (2 pts.)

Activity 1: _____

Activity 2: _____

Short Answer

15. Describe two benefits of maintaining a fitness log. (2 pts.)

Benefit or reason 1: _____

Benefit or reason 2: _____

Multiple Choice (select one answer)

16. Which best describes the process that should be followed when creating a fitness goal? (1 pt.)

- ☐ A. Overload, specificity, progression
- ☐ B. Assessment scores, activities, timeline
- ☐ C. Strategy, technology, safety
- ☐ D. Collaboration, activities, diminishing returns

Multiple Choice (select two answers)

17. Which two of the following pieces of information is essential for a person to know before setting personal fitness goals? (2 pts.)

- ☐ A. Past level of fitness
- ☐ B. Current level of fitness
- ☐ C. Fitness score is approaching healthy standard
- ☐ D. No fitness scores

Short Answer

18. Analyze the following fitness testing scores. (4 pts.)

- ⌘ Choose two areas that need to improve.
- ⌘ For each of the two areas chosen, provide one suggestion, using the FITT Principle, that may help improve that particular area.

Assessment Area	Wade's Score	Minimum Health-Related Standard
Sit-and-reach (inches)	6	8
Curl-ups	20	24
Push-ups	11	16
Pacer run	54	51

One area that needs to improve: _____

One suggestion for improvement: _____

Another area that needs to improve: _____

One suggestion for improvement: _____

Short Answer

19. Select *two* activities from the list below. Identify one safety concern for each activity and explain how you would demonstrate safe participation. (4pts)

- ⌘ Biking
- ⌘ Swimming
- ⌘ Jogging/running
- ⌘ Sport activity

1st Activity: _____

Concern: _____

Explanation: _____

2nd Activity: _____

Concern: _____

Explanation: _____

Short Answer

20. Identify one component of skill-related fitness that is directly connected to standing long jump and explain why. (2 pts.)

Component of skill-related fitness: _____

Explanation: _____
