

Definition of the Physically Educated Person

Outcomes of Quality Physical Education Programs

Content Standards in Physical Education

Taken from: "Moving Into the Future: National Standards for Physical Education, A Guide to Content and Assessment" developed by the National Association of Sport and Physical Education of the American Alliance for Health, Physical Education, Recreation, and Dance. (1995). Boston: WCB/McGraw-Hill.

Five major focus areas evolved specifying what a physically educated person should be doing and this definition was then expanded into 20 accompanying outcome statements related to the following five focus areas. This was later expanded into seven content standards in physical education.

A physically educated person:

A. Has learned skills necessary to perform a variety of physical activities

1. ...moves using concepts of body awareness, space awareness, effort and relationships
2. ...demonstrates competence in a variety of manipulative, locomotor, and nonlocomotor skills
3. ...demonstrates competence in a variety of manipulative, locomotor, and nonlocomotor skills performed individually and with others
4. ...demonstrates competence in many different forms of physical activity
5. ...demonstrates proficiency in a few forms of physical activity
6. ...has learned how to learn new skills

B. Is physically fit

7. ...appears, achieves, and maintains physical fitness
8. ...designs safe, personal fitness programs in accordance with principles of training and conditioning

C. Does participate regularly in physical activity

- 9....participates in health enhancing activity at least three times a week
- 10...selects and regularly participates in lifetime activities

D. Knows the implications and benefits from involvement in physical activities

- 11....identifies the benefits, costs, and obligations associated with regular participation in physical activity
- 12. recognizes the risk and safety factors associated with regular participation in physical activity
- 13. ...applies concepts and principles to the development of motor skills
- 14. ...understands that wellness requires more than being physically fit
- 15. ...knows the rules, strategies, and selected behaviors for selected physical activities
- 16. ...recognizes that participation in physical activity can lead to multi-cultural and international understanding
- 17. ...understands that physical activity provides the opportunity for enjoyment, self-expression, and communication

E. Values physical activity and its contributions to a healthful lifestyle

- 18....appreciates the relationships with others that result from participation in physical activity
- 19....respects the role that regular physical activity plays in the pursuit of life-long health and well being
- 20....cherishes the feelings that result from regular participation in physical activity

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A physically educated person:

- 1. Demonstrates competency in many movement forms and proficiency in a few movement forms
- 2. Applies movement concepts and principles to the learning and development of motor skills
- 3. Exhibits a physically active lifestyle
- 4. Achieves and maintains a health-enhancing level of physical fitness
- 5. Demonstrates responsible personal and social behavior in physical activity settings
- 6. Demonstrates understanding and respect for differences among people in physical activity settings
- 7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction