

**K to 12 BASIC EDUCATION CURRICULUM  
SENIOR HIGH SCHOOL – ARTS AND DESIGN TRACK SPECIALIZED SUBJECT**

**Grade:**12

**Core Subject Title:** Physical and Personal Development in the Arts

**Semester:** First Semester

**No. of Hours/ Semester:** 80 hours/ semester

**Pre-requisite (if needed):** none

**Core Subject Description:** Students will be given a comprehensive discussion and practical studies on the proper care of their bodies--as the instrument for their art--through proper exercise, good hygiene and proper industry practices.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
<b>Quarter I</b>  <b>A. The Artists' Anatomy: the body as the instrument</b> 1. The Skeletal System (posture and the spine) 2. The Tissues of the body (the joints and muscles) 3. The Integumentary System (the skin) 4. The Organs  <b>B. Health in the Arts</b> 1. The body structure and possible problems 2. Injuries related to the arts 3. Hazards in the arts 4. Research on the causes and prevention of industry-related injuries (e.g. carpal tunnel syndrome, stress, burnt skin) 5. Personal and industrial hygiene 6. Healthy diet 7. First aid and emergency response procedures	<i>The learner:</i>  demonstrates an understanding of how the body functions in the creative work environment	<i>The learner:</i>  1. displays a knowledge of: movements and habits that help prevent industry-related injuries; and  2. the maintenance of physical and personal well-being	<i>The learner:</i>  1. identifies the parts of the body involved in the creation/performance of different art forms	<b>AD_PPD12-Ia-c-1</b>
			2. identifies possible industry-related injuries and their causes	<b>AD_PPD12-Id-e-2</b>
			3. identifies hazardous materials used in art production	<b>AD_PPD12-If-g-3</b>
			4. develops proper personal hygiene	<b>AD_PPD12-Ih-4</b>
			5. practices first-aid measures	<b>AD_PPD12-Ii-j-5</b>

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
<b>Quarter II</b>				
<b>A. Body condition exercises in the creative work environment</b> <ol style="list-style-type: none"> <li>1. Body warm-ups</li> <li>2. Vocal warm-ups</li> <li>3. Exercises that prevent injuries in the performing and visual arts</li> <li>4. Creative mental exercises for the artist</li> </ol>	consciously applies safety and professional practices in the work environment	executes proper physical exercises in a classroom setting	1. demonstrates different warm-ups and exercises for the performing arts	<b>AD_PPD12-IIa-b-1</b>
			2. demonstrates exercises that are used to prevent injury and encourage professional longevity	<b>AD_PPD12-IIc-2</b>
<b>B. The Professional</b> <ol style="list-style-type: none"> <li>1. Basic profile (e.g. weight, height, hair color, eye color, age)</li> <li>2. Resume writing</li> <li>3. Skills inventory (e.g.dancing, acting, painting, etc)</li> <li>4. Market research (where to find work,e.g. children’s theater, museums, parks)</li> </ol>		demonstrates an understanding of the professional tools and a good working environment	3. produces a working resume draft that contains his/her basic profile and skills	<b>AD_PPD12-IIId-3</b>
			4. researches and writes a report on the local and international market conditions related to a specific art form	<b>AD_PPD12-IIe-f-4</b>
<b>C. The Professional Working Environment</b> <ol style="list-style-type: none"> <li>1. Physical factors in the working environment</li> <li>2. Risk assessment in work activities</li> <li>3. Workspace safety and hazard control</li> </ol>			5. assesses the safety and security of a particular creative work environment	<b>AD_PPD12-IIg-h-5</b>
			6. designs a hypothetical creative workplace that is hygienic and free of hazardous materials	<b>AD_PPD12-IIi-j-6</b>

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**Code Book Legend**

**Sample: AD\_PPD12-Ia-c-1**

LEGEND		SAMPLE	
<b>First Entry</b>	Learning Area and Strand/ Subject or Specialization	Arts and Design	<b>AD_PPD12</b>
	Grade Level	Grade 12	
<b>Uppercase Letter/s</b>	Domain/Content/ Component/ Topic	Physical and Personal Development in the Arts	
			-
<b>Roman Numeral</b> <i>*Zero if no specific quarter</i>	Quarter	First Quarter	<b>I</b>
<b>Lowercase Letter/s</b> <i>*Put a hyphen (-) in between letters to indicate more than a specific week</i>	Week	Week ones to three	<b>a-c</b>
			-
<b>Arabic Number</b>	Competency	identifies the parts of the body involved in the creation/performance of different art forms	<b>1</b>