

**K to 12 BASIC EDUCATION CURRICULUM  
SENIOR HIGH SCHOOL – SPORTS TRACK**

**Grade:** 11

**Core Subject Title:** Psychosocial Aspects of Sports and Exercise

**Semester:** First

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

**Pre-requisite (if needed):**

**Core Subject Description:** This course will lead to an understanding of individual and social factors which influence participation, performance, adherence and psychological well-being in sports and exercise.

<b>CONTENT</b>	<b>CONTENT STANDARD</b>	<b>PERFORMANCE STANDARD</b>	<b>LEARNING COMPETENCIES</b>	<b>CODE</b>
<b>PSYCHOSOCIAL ASPECTS OF SPORTS AND EXERCISE</b>  I. Motivation in Sports and Exercise  II. Group Dynamics in Sports and Exercise  III. Arousal, Stress, and Anxiety in Sports and Exercise  IV. Sports, Exercise, and Well-being	<i>The learner...</i>  demonstrates understanding of basic psychosocial theories and concepts in sports and exercise for performance enhancement and adherence.	<i>The learner...</i>  completes a portfolio consisting of journals, work sheets, interview reports, reflection papers and information materials regarding the psychological benefits of regular sports and exercise participation.	<i>The learner...</i>  1. explains how different types of motivation affect sports performance and exercise participation;	<b>SP_PS11-Ia-b-1</b>
			2. uses motivational strategies to encourage sports and exercise participation;	<b>SP_PS11-Ic-d-2</b>
			3. recognizes the value of understanding motivation for the initiation, continuation, or resumption of sports and exercise participation;	<b>SP_PS11-Ia-t-3</b>
			4. explains the importance of group structure, role clarity and acceptance for effective team functioning;	<b>SP_PS11-Ie-f-4</b>
			5. discusses the effects of group cohesion in sports performance and exercise participation;	<b>SP_PS11-Ig-h-5</b>
			6. recognizes the value of effective communication and group cohesion for sports performance and exercise participation;	<b>SP_PS11-ia-t-6</b>
			7. describes arousal, stress, and anxiety in sports and exercise settings;	<b>SP_PS11-Ii-7</b>
			8. explains how arousal and anxiety affects sports performance and exercise participation;	<b>SP_PS11-Ij-k-8</b>
			9. describes different strategies in regulating arousal, coping with stress and anxiety in sports and exercise;	<b>SP_PS11-II-n-9</b>

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			10. recognizes the value of regulating arousal, coping with stress and anxiety for better sports performance and exercise participation;	<b>SP_PS11-Ii-t-10</b>
			11. describes symptoms of burnout, and overtraining in sports and exercise participants;	<b>SP_PS11-Io-p-11</b>
			12. explains the psychological impact of injuries in sports and exercise participants; and	<b>SP_PS11-Iq-s-12</b>
			13. recognizes the value of regular sports and exercise participation for overall well-being.	<b>SP_PS11-Ia-t-13</b>

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**Code Book Legend**

**Sample: SP\_PS11-Ia-b-1**

LEGEND		SAMPLE	
<b>First Entry</b>	Learning Area and Strand/ Subject or Specialization	Sports	<b>SP_PS11</b>
	Grade Level	Grade 11	
<b>Uppercase Letter/s</b>	Domain/Content/ Component/ Topic	Psychosocial Aspects of Sports and Exercise	
			-
<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 one to two	<b>a-b</b>
			-
<b>Arabic Number</b>	Competency	explains how different types of motivation affect sports performance and exercise participation	<b>1</b>