

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

Grade: 11

Core Subject Title: Fitness Testing and Basic Exercise Programming

Semester: Second

No. of Hours/Semester: 80 hours/semester

Pre-requisite (if needed):

Core Subject Description: This course will enable the learner to administer tests and programs for physical fitness and performance enhancement.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
FITNESS TESTING & EXERCISE PROGRAMMING I. Testing health-related fitness parameters: A. Cardio-respiratory endurance B. Muscular fitness C. Flexibility D. Body composition II. Testing skill-related fitness parameters: A. Speed B. Power C. Agility D. Balance E. Coordination F. Reaction time III. Exercise programming for healthy individuals	<i>The learner...</i> demonstrates understanding of the concept of testing to formulate/adopt basic fitness	<i>The learner...</i> administers accurately appropriate basic exercise programs for different fitness and performance goals	<i>The learner...</i> 1. distinguishes the proper tests for specific fitness parameters;	SP_FT11-IIa-b-1
			2. demonstrates the correct performance of fitness test procedures;	SP_FT11-II-c-f-2
			3. evaluates test results based on age, exercise readiness (PAR-Q), and physical activity status;	SP_FT11-IIg-k-3
			4. realizes the importance of test results as a means to set fitness or performance goals, formulate exercise programs, and monitor progress;	SP_FT11-IIa-t-4
			5. devises exercise programs based on set fitness or performance goals and fitness test results using the principles of specificity, overload, progression, individuality, recovery, and variety;	SP_FT11-III-p-5
			6. illustrates the proper performance of the exercises;	SP_FT11-III-p-6
			7. makes adjustments to training parameters (FITT) according to training response; and	SP_FT11-IIq-s-7
			8. recognizes the value of sound program design and constant monitoring in the attainment of fitness and performance goals.	SP_FT11-IIa-t-8

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

Code Book Legend

Sample: SP_FT11-IIa-b-1

LEGEND		SAMPLE	
First Entry	Learning Area and Strand/ Subject or Specialization	Sports	SP_FT11
	Grade Level	Grade 11	
Uppercase Letter/s	Domain/Content/ Component/ Topic	Fitness Testing and Exercise Programming	
			-
Roman Numeral <i>*Zero if no specific quarter</i>	Quarter	Second Quarter	II
Lowercase Letter/s <i>*Put a hyphen (-) in between letters to indicate more than a specific week</i>	Week	Week one to two	a-b
			-
Arabic Number	Competency	distinguishes the proper tests for specific fitness parameters	1