

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

Grade: 12

Core Subject Title: Apprenticeship (Off-campus)

Semester: Second

No. of Hours/Semester: 80 hours/semester

Pre-requisite (if needed): Practicum (In-campus)

Core Subject Description: This course provides the learner with hands-on off-campus experience in his/her area of specialization: student-athlete enhancement, practice coaching, practice officiating and tournament management or fitness/sports/recreation leadership. This course will allow the learner to explore opportunities for advanced certification.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
APPRENTICESHIP (Off-campus) I. Student athlete enhancement	<i>The learner...</i> demonstrates understanding of integrating the knowledge of safety and first aid human movement, psychosocial aspects of sports and exercise, fitness testing and exercise programming for developing sports potential	<i>The learner...</i> shows measureable improvement in set performance parameter	<i>The learner...</i> 1. assesses own performance for goal setting	SP_APA12-IIa-t-1
			2. designs a personal training program	SP_APA12-IIa-t-2
			3. exhibits mastery of sports skills	SP_APA12-IIa-t-3
			4. displays improvement of personal best performance	SP_APA12-IIa-t-4
			5. applies safety practices to prevent deconditioning as a result of injury	SP_APA12-IIa-t-5
			6. identifies emerging trends in training	SP_APA12-IIa-t-6
			7. employs stress management techniques to cope with training and competition demands	SP_APA12-IIa-t-7
			8. applies psychosocial techniques achieves sport-life balance	SP_APA12-IIa-t-8
			9. realizes the importance of having positive attitude towards sports participation	SP_APA12-IIa-t-9
			10. realizes one's potential through sports participation	SP_APA12-IIa-t-10
II. Practice coaching	demonstrates understanding of integrating the knowledge of coaching, safety and first aid, human movement, psychosocial aspects of sports and exercise, fitness testing	assists competently the coach of in-campus sports team (varsity and club)	1. demonstrates appropriate personal, social, and ethical behavior while coaching	SP_APC12-IIa-t-1
			2. utilizes management skills during games/competitions	SP_APC12-IIa-t-2
			3. articulates personal coaching philosophy	SP_APC12-IIa-t-3
			4. provides assessment tools options for the coach	SP_APC12-IIa-t-4
			5. carries out assessment of team members	SP_APC12-IIa-t-5

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	and exercise programming for developing one’s potential as a coach		under coach supervision	
			6. implements training program designed by the coach	SP_APC12-IIa-t-6
			7. documents player performance during games, progression towards goals, and strategies and tactics of opposing teams	SP_APC12-IIa-t-7
			8. observes safety practices to prevent deconditioning of team members as a result of injury	SP_APC12-IIa-t-8
			9. identifies emerging trends in training and coaching	SP_APC12-IIa-t-9
			10. recommends psychosocial strategies (goal setting, team building activities and stress management)	SP_APC12-IIa-t-10
			11. realizes one’s potential as a coach through sports participation	SP_APC12-IIa-t-11
III. Practice officiating and tournament management	demonstrates understanding of integrating the knowledge of officiating and activity management, safety and first aid, psychosocial aspects of sports and exercise for developing one’s potential as a sports official and tournament manager	manages competently a sports tournament	1. demonstrates appropriate personal, social, and ethical behavior while officiating	SP_APO12-IIa-t-1
			2. utilizes proper communication techniques in officiating and tournament management	SP_APO12-IIa-t-2
			3. applies safety practices to prevent injuries during the conduct of the tournament	SP_APO12-IIa-t-3
			4. implements a tournament plan	SP_APO12-IIa-t-4
			5. conducts post-event evaluation	SP_APO12-IIa-t-5
			6. identifies recent developments in officiating and emerging trends in tournament management	SP_APO12-IIa-t-6
			7. recognizes the dynamics of working with the group to achieve teamwork in carrying out a tournament	SP_APO12-IIa-t-7
			8. realizes one’s potential as an official and tournament manager	SP_APO12-IIa-t-8
IV. Fitness/Sports and Recreation leader	demonstrates understanding of integrating the knowledge	1. delivers a fitness program for an apparently healthy individual or group (for	1. demonstrates appropriate personal, social, and ethical behavior while performing leadership tasks	SP_APL12-IIa-t-1

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	of fitness/sports and recreation leadership, human movement, safety and first aid, fitness testing and exercise programming, psychosocial aspects of sports and exercise, and coaching for developing one's potential as a sports official and tournament manager	fitness leader) 2. leads an existing sports and recreational program(for sports and recreation leader)	2. carries out health and fitness evaluation of students or clients	SP_APL12-IIa-t-2
3. designs/implements fitness program(for fitness leader)			SP_APL12-IIa-t-3	
4. implements an existing sports and recreation program(for sports and recreation leader)			SP_APL12-IIa-t-4	
5. exhibits proficiency in exercise techniques or sports skills			SP_APL12-IIa-t-5	
6. applies safety practices to prevent injury during exercise or sports participation			SP_APL12-IIa-t-6	
7. identifies emerging trends in sports, fitness, and recreation			SP_APL12-IIa-t-7	
8. employs motivational techniques in promoting exercise adherence and enjoyment			SP_APL12-IIa-t-8	
9. realizes the importance of having a positive attitude towards sports, fitness and recreation participation			SP_APL12-IIa-t-9	
10. realizes one's potential in sports, fitness and recreation leadership			SP_APL12-IIa-t-10	

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Code Book Legend

Sample: SP_APA12-IIa-t-2

LEGEND		SAMPLE	
First Entry	Learning Area and Strand/ Subject or Specialization	Sports	SP_APA12
	Grade Level	Grade 12	
Uppercase Letter/s	Domain/Content/ Component/ Topic	Apprenticeship: Athlete Enhancement	
			-
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 twenty	a-t
			-
Arabic Number	Competency	realizes the importance of having positive attitude towards sports participation	2

DOMAIN/ COMPONENT	CODE
Apprenticeship: Student Athlete Enhancement	APA
Apprenticeship: Practice Coaching	APC
Apprenticeship: Practice Officiating and Tournament Management	APO
Apprenticeship: Fitness/Sports/Recreation Leader	APL