

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

Grade: 12

Core Subject Title: Practicum (In-campus)

Semester: First

No. of Hours/Semester: 80 hours/semester

Pre-requisite (if needed):

Core Subject Description: This course provides the learner with hands-on experience within the school setting in his/her area of specialization: student athlete enhancement, practice coaching, practice officiating and tournament management or fitness/sports and recreation leadership.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
PRACTICUM (In-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_PRA12-Ia-t-1
			2. designs a personal training program	SP_PRA12-Ia-t-2
			3. exhibits mastery of sports skills	SP_PRA12-Ia-t-3
			4. displays improvement of personal best performance	SP_PRA12-Ia-t-4
			5. applies safety practices to prevent deconditioning as a result of injury	SP_PRA12-Ia-t-5
			6. identifies emerging trends in training	SP_PRA12-Ia-t-6
			7. employs stress management techniques to cope with training and competition demands	SP_PRA12-Ia-t-7
			8. applies psychosocial techniques achieves sport-life balance	SP_PRA12-Ia-t-8

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			9. realizes the importance of having positive attitude towards sports participation	SP_PRA12-Ia-t-9
			10. realizes one's potential through sports participation	SP_PRA12-Ia-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 and exercise programming for developing one's potential as a coach	assists competently the coach of in-campus sports team (varsity and club)	1. demonstrates appropriate personal, social, and ethical behavior while coaching	SP_PRC12-Ia-t-1
			2. utilizes management skills during games/competitions	SP_PRO12-Ia-t-2
			3. articulates personal coaching philosophy	SP_PRC12-Ia-t-3
			4. provides assessment tools options for the coach	SP_PRC12-Ia-t-4
			5. carries out assessment of team members under coach supervision	SP_PRC12-Ia-t-5
			6. implements training program designed by the coach	SP_PRC12-Ia-t-6
			7. documents player performance during games, progression towards goals, and strategies and tactics of opposing teams	SP_PRC12-Ia-t-7
			8. observes safety practices to prevent deconditioning of team members as a result of injury	SP_PRC12-Ia-t-8
			9. identifies emerging trends in training and coaching	SP_PRC12-Ia-t-9
			10. recommend psychosocial strategies (goal setting, team building activities and stress management)	SP_PRC12-Ia-t-10
			11. realizes one's potential as a coach through sports participation	SP_PRC12-Ia-t-11
III. Practice Officiating and Tournament Management	demonstrates understanding of integrating the knowledge of officiating and activity	manages competently a sports tournament	1. demonstrates appropriate personal, social, and ethical behavior while officiating	SP_PRO12-Ia-t-1
			2. utilizes proper communication techniques in officiating and tournament management	SP_PRO12-Ia-t-2

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
	management, safety and first aid, psychosocial aspects of sports and exercise for developing one's potential as a sports official and tournament manager		3. applies safety practices to prevent injuries during the conduct of the tournament	SP_PRO12-Ia-t-3
			4. implements a tournament plan	SP_PRO12-Ia-t-4
			5. conducts post-event evaluation	SP_PRO12-Ia-t-5
			6. identifies recent developments in officiating and emerging trends in tournament management	SP_PRO12-Ia-t-6
			7. recognizes the dynamics of working with the group to achieve teamwork in carrying out a tournament	SP_PRO12-Ia-t-7
			8. realizes one's potential as an official and tournament manager	SP_PRO12-Ia-t-8
IV. Fitness/Sports and Recreation leader	demonstrates understanding of integrating the knowledge 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	1. delivers a fitness program for an apparently healthy individual or group (for fitness leader) 2. leads an existing sports and recreational program(for sports and recreation leader)	1. demonstrates appropriate personal, social, and ethical behavior while performing leadership tasks	SP_PRL12-Ia-t-1
			2. carries out health and fitness evaluation of students or clients	SP_PRL12-Ia-t-2
			3. designs/implements fitness program(for fitness leader)	SP_PRL12-Ia-t-3
			4. implements an existing sports and recreation program(for sports and recreation leader)	SP_PRL12-Ia-t-4
			5. exhibits proficiency in exercise techniques or sports skills	SP_PRL12-Ia-t-5
			6. applies safety practices to prevent injury during exercise or sports participation	SP_PRL12-Ia-t-6
			7. identifies emerging trends in sports, fitness, and recreation	SP_PRL12-Ia-t-7
			8. employs motivational techniques in promoting exercise adherence and enjoyment	SP_PRL12-Ia-t-8
			9. realizes the importance of having a positive attitude towards sports, fitness and recreation participation	SP_PRL12-Ia-t-9
			10. realizes one's potential in sports, fitness and recreation leadership	SP_PRL12-Ia-t-10

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Code Book Legend

Sample: SP_PRA12-Ia-t-9

LEGEND		SAMPLE	
First Entry	Learning Area and Strand/ Subject or Specialization	Sports	SP_PRA12
	Grade Level	Grade 12	
Uppercase Letter/s	Domain/Content/ Component/ Topic	Practicum: Student Athlete Enhancement	
			-
Roman Numeral <i>*Zero if no specific quarter</i>	Quarter	First Quarter	I
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	designs a personal training program	9

DOMAIN/ COMPONENT	CODE
Practicum: Student Athlete Enhancement	PRA
Practicum: Practice Coaching	PRC
Practicum: Practice Officiating and Tournament Management	PRO
Practicum: Fitness/Sports/Recreation Leader	PRL