

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

**Grade:** 12

**Core Subject Title:** Fitness, Sports and Recreation Leadership

**Semester:** First

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

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

**Core Subject Description:** This course equips the learner with competencies for carrying out safe and effective programs in exercise, sports and recreation.

| <b>CONTENT</b>  | <b>CONTENT STANDARD</b>   | <b>PERFORMANCE STANDARD</b>   | <b>LEARNING COMPETENCIES</b>   | <b>CODE</b>           |
|---|---|---|--|-----------------------|
| <b>FITNESS, SPORTS AND RECREATION LEADERSHIP</b><br><br>I. Concepts and Principles of Good Leadership in Sports and Recreation<br><br>II. Fitness Leadership<br>A. Group fitness instruction<br>B. Personal training<br><br>III. Sports and Recreation Leadership<br>A. Sports and recreation instruction | <i>The learner...</i><br><br>demonstrates understanding of the basic principles of, and techniques in, fitness, sports and recreation instruction and leadership for carrying out safe and effective programs in exercise, sports and recreation. | <i>The learner...</i><br><br>implements with confidence a short-term program in exercise/sports and recreation for a healthy individual or group. | <i>The learner...</i><br><br>1. practices quality leadership in the conduct of fitness, sports and recreation activities;                                | <b>SP_LS12-Ia-1</b>   |
|   |   |   | 2. administers a pre-participation screening;  | <b>SP_LS12-Ib-2</b>   |
|   |   |   | 3. explains the different components of an exercise program;   | <b>SP_LS12-Ic-g-3</b> |
|   |   |   | 4. demonstrates safe and effective exercise/sports techniques;   | <b>SP_LS12-Ih-k-4</b> |
|   |   |   | 5. uses appropriate cueing, motivation, instruction, feedback and teaching techniques in delivering exercise/sports programs for an individual or group; | <b>SP_LS12-Ia-t-5</b> |

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|----------------|-------------------------|-----------------------------|---|------------------------|
|                |                         |                             | 6. monitors exercise intensity for safe and effective fitness performance;  | <b>SP_LS12-II-t-6</b>  |
|                |                         |                             | 7. designs a balanced exercise program for an apparently healthy individual or group;   | <b>SP_LS12-Io-p-7</b>  |
|                |                         |                             | 8. identifies existing sports and recreation programs (summer camps, sports clinics, etc.);   | <b>SP_LS12-Ia-t-8</b>  |
|                |                         |                             | 9. demonstrates basic knowledge of first aid and/or initial assessment of common injuries;  | <b>SP_LS12-Ia-t-9</b>  |
|                |                         |                             | 10. values the importance of the basic principles and techniques of fitness, sports and recreation instructions and leadership for delivering safe and effective exercise/sports and recreation programs; and | <b>SP_LS12-Ia-t-10</b> |
|                |                         |                             | 11. realizes the value of professional ethics, responsibilities, and standards  | <b>SP_LS12-Ia-t-11</b> |

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**Code Book Legend**

**Sample: SP\_LS12-Ia-1**

| LEGEND   |   | SAMPLE   |                |
|--|---|--|----------------|
| <b>First Entry</b>   | Learning Area and Strand/ Subject or Specialization | Sports   | <b>SP_LS12</b> |
|  | Grade Level   | Grade 11   |                |
| <b>Uppercase Letter/s</b>  | Domain/Content/ Component/ Topic                    | Fitness, Sports and Recreation Leadership  |                |
|  |   |  | -              |
| <b>Roman Numeral</b><br><i>*Zero if no specific quarter</i>  | Quarter   | First Quarter  | <b>I</b>       |
| <b>Lowercase Letter/s</b><br><i>*Put a hyphen (-) in between letters to indicate more than a specific week</i> | Week  | Week one   | <b>a</b>       |
|  |   |  | -              |
| <b>Arabic Number</b>   | Competency  | practices quality leadership in the conduct of fitness, sports and recreation activities | <b>1</b>       |