

**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.

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

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			6. monitors exercise intensity for safe and effective fitness performance;	SP_LS12-II-t-6
			7. designs a balanced exercise program for an apparently healthy individual or group;	SP_LS12-Io-p-7
			8. identifies existing sports and recreation programs (summer camps, sports clinics, etc.);	SP_LS12-Ia-t-8
			9. demonstrates basic knowledge of first aid and/or initial assessment of common injuries;	SP_LS12-Ia-t-9
			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	SP_LS12-Ia-t-10
			11. realizes the value of professional ethics, responsibilities, and standards	SP_LS12-Ia-t-11

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Code Book Legend

Sample: SP_LS12-Ia-1

LEGEND		SAMPLE	
First Entry	Learning Area and Strand/ Subject or Specialization	Sports	SP_LS12
	Grade Level	Grade 11	
Uppercase Letter/s	Domain/Content/ Component/ Topic	Fitness, Sports and Recreation Leadership	
			-
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	a
			-
Arabic Number	Competency	practices quality leadership in the conduct of fitness, sports and recreation activities	1