

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

Grade: 11

Core Subject Title: Psychosocial Aspects of Sports and Exercise

Semester: First

No. of Hours/ Semester: 80 hours/ semester

Pre-requisite (if needed):

Core Subject Description: This course will lead to an understanding of individual and social factors which influence participation, performance, adherence and psychological well-being in sports and exercise.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
PSYCHOSOCIAL ASPECTS OF SPORTS AND EXERCISE I. Motivation in Sports and Exercise II. Group Dynamics in Sports and Exercise III. Arousal, Stress, and Anxiety in Sports and Exercise IV. Sports, Exercise, and Well-being	<i>The learner...</i> demonstrates understanding of basic psychosocial theories and concepts in sports and exercise for performance enhancement and adherence.	<i>The learner...</i> completes a portfolio consisting of journals, work sheets, interview reports, reflection papers and information materials regarding the psychological benefits of regular sports and exercise participation.	<i>The learner...</i> 1. explains how different types of motivation affect sports performance and exercise participation;	SP_PS11-Ia-b-1
			2. uses motivational strategies to encourage sports and exercise participation;	SP_PS11-Ic-d-2
			3. recognizes the value of understanding motivation for the initiation, continuation, or resumption of sports and exercise participation;	SP_PS11-Ia-t-3
			4. explains the importance of group structure, role clarity and acceptance for effective team functioning;	SP_PS11-Ie-f-4
			5. discusses the effects of group cohesion in sports performance and exercise participation;	SP_PS11-Ig-h-5
			6. recognizes the value of effective communication and group cohesion for sports performance and exercise participation;	SP_PS11-ia-t-6
			7. describes arousal, stress, and anxiety in sports and exercise settings;	SP_PS11-Ii-7
			8. explains how arousal and anxiety affects sports performance and exercise participation;	SP_PS11-Ij-k-8
			9. describes different strategies in regulating arousal, coping with stress and anxiety in sports and exercise;	SP_PS11-II-n-9

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			10. recognizes the value of regulating arousal, coping with stress and anxiety for better sports performance and exercise participation;	SP_PS11-Ii-t-10
			11. describes symptoms of burnout, and overtraining in sports and exercise participants;	SP_PS11-Io-p-11
			12. explains the psychological impact of injuries in sports and exercise participants; and	SP_PS11-Iq-s-12
			13. recognizes the value of regular sports and exercise participation for overall well-being.	SP_PS11-Ia-t-13

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Code Book Legend

Sample: SP_PS11-Ia-b-1

LEGEND		SAMPLE	
First Entry	Learning Area and Strand/ Subject or Specialization	Sports	SP_PS11
	Grade Level	Grade 11	
Uppercase Letter/s	Domain/Content/ Component/ Topic	Psychosocial Aspects of Sports and Exercise	
			-
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 two	a-b
			-
Arabic Number	Competency	explains how different types of motivation affect sports performance and exercise participation	1