

**Foundations of Personal Fitness ©2005**  
**National Association for Sports and Physical Education (NASPE)**  
**Physical Education Standards**  
**Correlation by Chapter and Lesson**

	<b>STANDARD</b>	<b>PERFORMANCE INDICATOR</b>
<b>Chapter 3</b> <i>Designing a Personal Fitness Program</i>		
<b>Lesson 1</b> <i>Health-Related and Skill-Related Fitness</i>	1	A physically educated student demonstrates competency in many movement forms and proficiency in a few movement forms.
	2	A physically educated student applies movement concepts and principles to the learning and development of motor skills.
	3	A physically educated student exhibits a physically active lifestyle.
	4	A physically educated student achieves and maintains a health-enhancing level of physical fitness.
<b>Lesson 2</b> <i>FITT and the Principle of Overload</i>	3	A physically educated student exhibits a physically active lifestyle.
	4	A physically educated student achieves and maintains a health-enhancing level of physical fitness.
	5	A physically educated student demonstrates responsible personal and social behavior in physical activity settings.
<b>Lesson 3</b> <i>The Principle of Specificity</i>	1	A physically educated student demonstrates competency in many movement forms and proficiency in a few movement forms.
	2	A physically educated student applies movement concepts and principles to the learning and development of motor skills.
	3	A physically educated student exhibits a physically active lifestyle.
	4	A physically educated student achieves and maintains a health-enhancing level of physical fitness.
	5	A physically educated student demonstrates responsible personal and social behavior in physical activity settings.

	7	A physically educated student understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
<b>Lesson 4</b> <i>The Principle of Progression</i>	3	A physically educated student exhibits a physically active lifestyle.
	4	A physically educated student achieves and maintains a health-enhancing level of physical fitness.
	5	A physically educated student demonstrates responsible personal and social behavior in physical activity settings.
	6	A physically educated student demonstrates understanding and respect for differences among people in physical activity settings.
	7	A physically educated student understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
<b>Lesson 5</b> <i>Warm Up, Work Out, Cool Down</i>	1	A physically educated student demonstrates competency in many movement forms and proficiency in a few movement forms.
	2	A physically educated student applies movement concepts and principles to the learning and development of motor skills.
	3	A physically educated student exhibits a physically active lifestyle.
	4	A physically educated student achieves and maintains a health-enhancing level of physical fitness.
	5	A physically educated student demonstrates responsible personal and social behavior in physical activity settings.