

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

| | STANDARD | PERFORMANCE INDICATOR |
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| Chapter 5 <i>Your Body Composition</i> | | |
| Lesson 1 <i>The Basics of Body Composition</i> | 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. |
| Lesson 2 <i>Influences on Your Body Composition</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. |
| Lesson 3 <i>Evaluating Your Body Composition</i> | 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. |
| Lesson 4 <i>Maintaining a Healthy Body Composition</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. |

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| | 5 | A physically educated student demonstrates responsible personal and social behavior in physical activity settings. |
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