

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

	STANDARD	PERFORMANCE INDICATOR
Chapter 9 <i>Basics of Resistance Training</i>		
Lesson 1 <i>Benefits of Resistance Training</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.
Lesson 2 <i>Your Muscles and Their Functions</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.
Lesson 3 <i>Resistance-Training Myths</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 4 <i>Resistance-Training Equipment and Gear</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.