

**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 10</b>	<i>Developing Muscular Fitness</i>	
<b>Lesson 1</b> <i>Beginning a Resistance-Training Program</i>	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 2</b> <i>Planning Your Resistance-Training Workout</i>	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.
	7	A physically educated student understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
<b>Lesson 3</b> <i>Applying FITT to Resistance Training</i>	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>Achieving Muscular Fitness</i>	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.