

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 12 <i>Personal Fitness Throughout Life</i>		
Lesson 1 <i>Fitness: A Lifetime Goal</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.
	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.
Lesson 2 <i>Your Changing Personal Fitness Goals</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.
	7	A physically educated student understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
Lesson 3 <i>Choosing Fitness Professionals</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 4 <i>Choosing Fitness Products</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.
	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.
	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.