

ASD Academic Plan

Physical Education: Adventure 101

Grade Level: 9-12 grade	Course Description: Students enrolled in this course will have the opportunity to receive instruction in the technical skills of indoor rock climbing, challenge courses, belaying and knot tying. In addition, students will be able to develop the concepts of challenge-by-choice, cooperation vs. competition, circle-of-comfort, trust, critical thinking, problem solving and responsibility. In order to successfully attempt the physical challenges of the course, students will be expected to maintain a proficient level of physical fitness. The class will include opportunities to develop agility, muscular and cardiovascular strength, endurance and flexibility.
Length: Semester	
Prerequisites: None	
Repeatable for additional credits: Unlimited	

Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
<p>Improvement in the following individual skills:</p> <ul style="list-style-type: none"> • Problem solving and decision making skills • Interpersonal communication skills • Appropriate risk taking skills • Self esteem/ self confidence • Conflict resolution • Acceptance of and respect for individual differences • Leadership skills and training • Concept of self in relation to others <p>Improvement in the following Group Skills:</p> <ul style="list-style-type: none"> • Teamwork skills • Conflict management skills • Applying one's knowledge to the real world • Communication 	<p>Demonstrate proper belay technique and climbing language.</p> <p>Demonstrate proper safety rules when using any of the challenge courses</p> <p>Develop an awareness of community resources and opportunities related to climbing, both indoors and outdoors.</p> <p>Demonstrate an understanding of physical fitness components: cardiovascular endurance, muscular strength and endurance, flexibility; motor skills (speed, power, agility, reaction time, coordination, balance)</p> <p>Assess current personal fitness levels.</p> <p>Identify the major muscle groups and their application to climbing.</p> <p>Improve personal fitness through participation in yoga, Pilates, muscular strength, muscular endurance, and flexibility activities.</p> <p>Identify and apply injury prevention principles related to aerobic activities.</p> <p>Understand and correctly apply biomechanical and physiological principles related to exercise and training.</p> <p>Demonstrate an understanding of health problems associated with inadequate fitness levels.</p> <p>Demonstrate and understanding of sound nutritional practices as related to health and physical performance.</p>