

**K to 12 BASIC EDUCATION CURRICULUM
SENIOR HIGH SCHOOL – ARTS AND DESIGN TRACK SPECIALIZED SUBJECT**

Grade: 12

Core Subject Title: Physical and Personal Development in the Arts

Semester: First Semester

No. of Hours/ Semester: 80 hours/semester

Pre-requisite:

Core Subject Description: Students will be given a comprehensive discussion and practical studies on the proper care of their bodies--as the instrument for their art--through proper exercise, good hygiene and proper industry practices.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
Quarter I A. The Artists' Anatomy: the body as the instrument 1. The Skeletal System (posture and the spine) 2. The Tissues of the body (the joints and muscles) 3. The Integumentary System (the skin) 4. The Organs B. Health in the Arts 1. The body structure and possible problems 2. Injuries related to the arts 3. Hazards in the arts 4. Research on the causes and prevention of industry-related injuries (e.g. carpal tunnel syndrome, stress, burnt skin) 5. Personal and industrial hygiene 6. Healthy diet 7. First aid and emergency response procedures	<i>The learner:</i> demonstrates an understanding of how the body functions in the creative work environment	<i>The learner:</i> 1. displays a knowledge of: movements and habits that help prevent industry-related injuries; and 2. the maintenance of physical and personal well-being	<i>The learner:</i> 1. identifies the parts of the body involved in the creation/performance of different art forms	AD_PPD12-Ia-c-1
			2. identifies possible industry-related injuries and their causes	AD_PPD12-Id-e-2
			3. identifies hazardous materials used in art production	AD_PPD12-If-g-3
			4. develops proper personal hygiene	AD_PPD12-Ih-4
			5. practices first-aid measures	AD_PPD12-Ii-j-5

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE	
Quarter II A. Body condition exercises in the creative work environment <ol style="list-style-type: none"> 1. Body warm-ups 2. Vocal warm-ups 3. Exercises that prevent injuries in the performing and visual arts 4. Creative mental exercises for the artist 	consciously applies safety and professional practices in the work environment	executes proper physical exercises in a classroom setting	1. demonstrates different warm-ups and exercises for the performing arts	AD_PPD12-IIa-b-1	
				2. demonstrates exercises that are used to prevent injury and encourage professional longevity	AD_PPD12-IIc-2
B. The Professional <ol style="list-style-type: none"> 1. Basic profile (e.g. weight, height, hair color, eye color, age) 2. Resume writing 3. Skills inventory (e.g. dancing, acting, painting, etc) 4. Market research (where to find work, e.g. children’s theater, museums, parks) 			demonstrates an understanding of the professional tools and a good working environment	3. produces a working resume draft that contains his/her basic profile and skills	AD_PPD12-IIId-3
				4. researches and writes a report on the local and international market conditions related to a specific art form	AD_PPD12-IIe-f-4
C. The Professional Working Environment <ol style="list-style-type: none"> 1. Physical factors in the working environment 2. Risk assessment in work activities 3. Workspace safety and hazard control 				5. assesses the safety and security of a particular creative work environment	AD_PPD12-IIg-h-5
				6. designs a hypothetical creative workplace that is hygienic and free of hazardous materials	AD_PPD12-IIi-j-6

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Code Book Legend

Sample: AD_PPD12-Ia-c-1

LEGEND		SAMPLE	
First Entry	Learning Area and Strand/ Subject or Specialization	Arts and Design	AD_PPD12
	Grade Level	Grade 12	
Uppercase Letter/s	Domain/Content/ Component/ Topic	Physical and Personal Development in the Arts	
			-
Roman Numeral <i>*Zero if no specific quarter</i>	Quarter	First Quarter	I
Lowercase Letter/s <i>*Put a hyphen (-) in between letters to indicate more than a specific week</i>	Week	Week ones to three	a-c
			-
Arabic Number	Competency	identifies the parts of the body involved in the creation/performance of different art forms	1