

**K to 12 BASIC EDUCATION CURRICULUM  
SENIOR HIGH SCHOOL – SPORTS TRACK**

**Grade:** 12

**Core Subject Title:** Apprenticeship (Off-campus)

**Semester:** Second

**No. of Hours/Semester:** 80 hours/semester

**Pre-requisite:** Practicum (In-campus)

**Core Subject Description:** This course provides the learner with hands-on off-campus experience in his/her area of specialization: student-athlete enhancement, practice coaching, practice officiating and tournament management or fitness/sports/recreation leadership. This course will allow the learner to explore opportunities for advanced certification.

<b>CONTENT</b>	<b>CONTENT STANDARD</b>	<b>PERFORMANCE STANDARD</b>	<b>LEARNING COMPETENCIES</b>	<b>CODE</b>
<b>APPRENTICESHIP (Off-campus)</b>  I. Student athlete enhancement	<i>The learner...</i>  demonstrates understanding of integrating the knowledge of safety and first aid human movement, psychosocial aspects of sports and exercise, fitness testing and exercise programming for developing sports potential	<i>The learner...</i>  shows measureable improvement in set performance parameter	<i>The learner...</i>  1. assesses own performance for goal setting	<b>SP_APA12-IIa-t-1</b>
			2. designs a personal training program	<b>SP_APA12-IIa-t-2</b>
			3. exhibits mastery of sports skills	<b>SP_APA12-IIa-t-3</b>
			4. displays improvement of personal best performance	<b>SP_APA12-IIa-t-4</b>
			5. applies safety practices to prevent deconditioning as a result of injury	<b>SP_APA12-IIa-t-5</b>
			6. identifies emerging trends in training	<b>SP_APA12-IIa-t-6</b>
			7. employs stress management techniques to cope with training and competition demands	<b>SP_APA12-IIa-t-7</b>
			8. applies psychosocial techniques achieves sport-life balance	<b>SP_APA12-IIa-t-8</b>
			9. realizes the importance of having positive attitude towards sports participation	<b>SP_APA12-IIa-t-9</b>
			10. realizes one's potential through sports participation	<b>SP_APA12-IIa-t-10</b>
II. Practice coaching	demonstrates understanding of integrating the knowledge of coaching, safety and first aid, human movement, psychosocial aspects of sports and exercise, fitness testing and exercise programming	assists competently the coach of in-campus sports team (varsity and club)	1. demonstrates appropriate personal, social, and ethical behavior while coaching	<b>SP_APC12-IIa-t-1</b>
			2. utilizes management skills during games/competitions	<b>SP_APC12-IIa-t-2</b>
			3. articulates personal coaching philosophy	<b>SP_APC12-IIa-t-3</b>
			4. provides assessment tools options for the coach	<b>SP_APC12-IIa-t-4</b>
			5. carries out assessment of team members under coach supervision	<b>SP_APC12-IIa-t-5</b>

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	for developing one's potential as a coach		6. implements training program designed by the coach	<b>SP_APC12-IIa-t-6</b>
			7. documents player performance during games, progression towards goals, and strategies and tactics of opposing teams	<b>SP_APC12-IIa-t-7</b>
			8. observes safety practices to prevent deconditioning of team members as a result of injury	<b>SP_APC12-IIa-t-8</b>
			9. identifies emerging trends in training and coaching	<b>SP_APC12-IIa-t-9</b>
			10. recommends psychosocial strategies (goal setting, team building activities and stress management)	<b>SP_APC12-IIa-t-10</b>
			11. realizes one's potential as a coach through sports participation	<b>SP_APC12-IIa-t-11</b>
III. Practice officiating and tournament management	demonstrates understanding of integrating the knowledge of officiating and activity management, safety and first aid, psychosocial aspects of sports and exercise for developing one's potential as a sports official and tournament manager	manages competently a sports tournament	1. demonstrates appropriate personal, social, and ethical behavior while officiating	<b>SP_APO12-IIa-t-1</b>
			2. utilizes proper communication techniques in officiating and tournament management	<b>SP_APO12-IIa-t-2</b>
			3. applies safety practices to prevent injuries during the conduct of the tournament	<b>SP_APO12-IIa-t-3</b>
			4. implements a tournament plan	<b>SP_APO12-IIa-t-4</b>
			5. conducts post-event evaluation	<b>SP_APO12-IIa-t-5</b>
			6. identifies recent developments in officiating and emerging trends in tournament management	<b>SP_APO12-IIa-t-6</b>
			7. recognizes the dynamics of working with the group to achieve teamwork in carrying out a tournament	<b>SP_APO12-IIa-t-7</b>
			8. realizes one's potential as an official and tournament manager	<b>SP_APO12-IIa-t-8</b>
IV. Fitness/Sports and Recreation leader	demonstrates understanding of integrating the knowledge of fitness/sports and recreation leadership,	1. delivers a fitness program for an apparently healthy individual or group (for fitness leader)	1. demonstrates appropriate personal, social, and ethical behavior while performing leadership tasks	<b>SP_APL12-IIa-t-1</b>
			2. carries out health and fitness evaluation of students or clients	<b>SP_APL12-IIa-t-2</b>

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	human movement, safety and first aid, fitness testing and exercise programming, psychosocial aspects of sports and exercise, and coaching for developing one's potential as a sports official and tournament manager	2. leads an existing sports and recreational program(for sports and recreation leader)	3. designs/implements fitness program(for fitness leader)	<b>SP_APL12-IIa-t-3</b>
4. implements an existing sports and recreation program(for sports and recreation leader)			<b>SP_APL12-IIa-t-4</b>	
5. exhibits proficiency in exercise techniques or sports skills			<b>SP_APL12-IIa-t-5</b>	
6. applies safety practices to prevent injury during exercise or sports participation			<b>SP_APL12-IIa-t-6</b>	
7. identifies emerging trends in sports, fitness, and recreation			<b>SP_APL12-IIa-t-7</b>	
8. employs motivational techniques in promoting exercise adherence and enjoyment			<b>SP_APL12-IIa-t-8</b>	
9. realizes the importance of having a positive attitude towards sports, fitness and recreation participation			<b>SP_APL12-IIa-t-9</b>	
10. realizes one's potential in sports, fitness and recreation leadership			<b>SP_APL12-IIa-t-10</b>	

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**Code Book Legend**

**Sample: SP\_APA12-IIa-t-2**

LEGEND		SAMPLE	
<b>First Entry</b>	Learning Area and Strand/ Subject or Specialization	Sports	<b>SP_APA12</b>
	Grade Level	Grade 12	
<b>Uppercase Letter/s</b>	Domain/Content/ Component/ Topic	Apprenticeship: Athlete Enhancement	
			-
<b>Roman Numeral</b> <i>*Zero if no specific quarter</i>	Quarter	Second Quarter	<b>II</b>
<b>Lowercase Letter/s</b> <i>*Put a hyphen (-) in between letters to indicate more than a specific week</i>	Week	Week one to twenty	<b>a-t</b>
			-
<b>Arabic Number</b>	Competency	realizes the importance of having positive attitude towards sports participation	<b>2</b>

DOMAIN/ COMPONENT	CODE
Apprenticeship: Student Athlete Enhancement	APA
Apprenticeship: Practice Coaching	APC
Apprenticeship: Practice Officiating and Tournament Management	APO
Apprenticeship: Fitness/Sports/Recreation Leader	APL

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- Michigan Department of Education. *Physical Education Content Standards and Benchmarks*. Michigan: Michigan Department of Education, 2007.
- Ministerial Committee for School Sport and Physical Activity. *Review Report: Future Development of School Sport and Physical Activity Presented to the Minister for Education and Training and Minister for the Arts*. Queensland Government: Department of Education, Training and the Arts, 2007.
- National Association for Sport and Physical Education (2009). *Appropriate Instructional Practice Guidelines, K-12: A Side-by-side Comparison*. 2009, [www.naspeinfo.org](http://www.naspeinfo.org)
- National Association for Sport and Physical Education (NASPE). *Appropriate Instructional Practice Guidelines for Elementary School Physical Education: A Position Statement from the National Association for Sport and Physical Education (3<sup>rd</sup> edition)*. 2010, [www.naspeinfo.org](http://www.naspeinfo.org)
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- National Association for Sport and Physical Education. *The Scope and Sequence of Fitness Education for PReK-16 Programs: NASPE Fitness Education Project*. 2013, [www.aahperd.org/naspe](http://www.aahperd.org/naspe)
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- UNESCO. *UNESCO: International Charter of Physical Education and Sport*. 2015, <http://unesdoc.unesco.org/images/0023/002354/235409e.pdf>