

Glenwood Community Middle School
Exercise Science/Motor Behavior Curriculum
Approved Date - October 2020

Course ID:	Course Purpose: The purpose of this course is to explore specific body systems and exercise programs to gain an understanding of the impact of personal exercise. The student will develop an understanding of how skills are learned as related to specific exercises acquisition; as well as be able to identify the developmental stages and evaluate the effects of aging.
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Course Outcomes	Outcome Components	Description	Iowa Core
ExSci.01	The student will explain how body systems relate to and have an impact on individual exercise.		
	ExSci.01.01	Identify and summarize the basic function of each body system.	
	ExSci.01.02	Differentiate between the body systems and their individual impact on physical exercise.	
	ExSci.01.03	Compare/contrast how specific body systems affect individual exercise.	
ExSci.02	The student will compare and contrast energy systems used within a variety of exercise programs.		
	ExSci.02.01	Identify the 3 different types of energy systems as it pertains to developing an exercise program.	
	ExSci.02.02	Create a specific exercise program that addresses both types of anaerobic activity.	
	ExSci.02.03	Create a specific exercise program that addresses aerobic energy.	
ExSci.03	The student will explain skill acquisition and how new skills are obtained and how age impacts overall development.		
	ExSci.03.01	Examine the process of skill acquisition of a new skill.	
	ExSci.03.02	Illustrate the phases of acquiring a specific new physical skill.	
	ExSci.03.03	Identify the effects of individual stages (birth to old age) on motor behavior and exercise.	
	ExSci.03.04	Identify the effects of a particular stage on individual exercise and motor skills.	
ExSci.04	The student will analyze motor skills and movement patterns and connect the knowledge to exercise or sport.		
	ExSci.04.01	Identify and summarize gross motor skills and movement patterns.	
	ExSci.04.02	Identify and summarize fine motor skills and movement patterns.	
	ExSci.04.03	Demonstrate gross and fine motor skills to a specific exercise or sport.	