PE 30.8 Physiology and Biomechanics Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  | **Fully meeting expectations, with enriched understanding (EU)** | **Fully meeting grade level expectations (FM)** | **Mostly meeting grade level expectations (MM)** | **Not yet meeting grade level expectations (NY)** |
| **PE 30.8** **Analyze physiological and biomechanical principles of movement.** | You demonstrate a complex understanding of physiological and biomechanical principles. You might be:* Develop a proposal for enhancing a training program to meet a specific outcome
* Create a tool to promote effective physiological and biomechanical principles of movement
* Develop a performance cuing system to help others with safety and technique

You show an in depth understanding of the complexity of lifelong fitness. | You can analyze physiological and biomechanical principles of movement. You show this by:* Identifying, reflecting, and critiquing yourself and others while engaging in training programs and complex skills
* Demonstrating the importance of technique and safety while engaging in physical activity (identify improper movements; relating to overall health; explain proper technique).

You support your skills fully with relevant knowledge. | You are exploring and practicing how to analyze physiological and biomechanical principles of movement. You may be:* Documenting your skills and training
* Selecting tools to help with critique and analysis
* Exploring safety as related to complex skills and training
* Practicing safe movements
* Researching techniques for various complex skills
* Recognizing improper movements
* Exploring the short and long term effects of improper physiological and biomechanical movements

Explore this topic further to gain confidence and deepen your understanding. | You are building readiness to explore how to analyze physiological and biomechanical principles of movement. You might be exploring:* Vocabulary – biomechanical; physiological, and how they relate to movement
* What are ways we might document our training programs?
* What tools do we need to reflect on and critique our skills and training programs?
* What techniques are associated with complex skills? How can I find out?
* How do I stay safe while moving?
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Feedback: