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? |

Feedback: