

STANDARD 2. Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

STANDARD 3. Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Fitness Planning NY.S3.1													

Four horizontal blue lines are positioned below the blue cell in the second row of the table.

STANDARD 5.

STANDARD 6. Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain health. 66.5 (.5 credit)