

Relationship Between Program Objectives and Learning Activities

Objectives are by definition the intended outcomes from instruction. Objectives tend to be categorized as specific behaviors, skills, fitness levels or bits of knowledge and not as activities. Under most conditions, activities are the tools or conditions that teachers use to help students acquire the desired objective(s). A teacher may choose to use pushups as an activity to acquire upper body strength. In this case, upper body strength is the objective and pushups happen to be one of numerous activities that help students acquire it.

The only time an activity should be listed as an objective is when successful participation in the activity is the intended outcome. If one of the program's intended outcomes is to equip students to be proficient at playing recreational levels of tennis, then tennis would appear as an objective. This would be authentic, in that students may engage in games of tennis as a form of health-related lifelong activity outside school.