Sample Program Objective for a Cognitive Concept:
Benefits of Physical Activity

Competence Defined:

Demonstrate knowledge of the potential benefits of engaging in regular physical activity by identifying at least 90% of the items listed in the criteria on a written exam, including at least one in each category.

Criteria:

Physical Benefits

    a. Fortifies the mineralization of the skeleton.
    b. Promotes the development and maintenance of lean body tissue.
    c. Leads to proficiency in neuromuscular skills.
    d. Is an important regulator of obesity.
    e. Improves aerobic and anaerobic fitness, muscle endurance, muscle power, and muscle strength.

Health-Related Benefits

    f. Deters coronary heart disease.
    g. Improves cardiac function.
    h. Is associated with a reduction in athero-sclerotic diseases.
    i. Postpones the debilitating effects of old age.
    j. Prevents the onset of some diseases.

Affective Benefits

    k. Promotes a positive attitude toward physical activity and leads to a more active lifestyle.
    l. Enhances self-concept, confidence, assertiveness, emotional stability, independence, and self-control.
    m. Contributes to socialization of children and adolescence.

Psychological Benefits

    n. Contributes to the development of moral reasoning, problem solving, creativity, and social competence.
    o. Contributes to the reduction of stress and mental illness.

Mental Benefits

    p. Promotes the growth and development of the young nervous system.
    q. Promotes early cognitive function.
    r. Assists in the development and refinement of perceptual abilities.
    s. Enhances the function of the central nervous system.

Components of a Functional Objective:

Condition:

Written exam

Behavior:

Demonstrate knowledge of the potential benefits of engaging in regular physical activity

Criteria:

Listed as letters "a" through "s"

Standard of Performance:

Identify at least 90% of the items listed in the criteria, including at least one in each category

Stability Ratio:

One written test (inferred from objective)