

Test Design Blueprint

Date 10/27/14

Weight Training 1
Course Title

1501340
Course Number

10,11,12
Grade(s)

Main Idea (Big Idea/Domain/Strand/ Standard)	Standard Code	Percent of Test Based on Time Devoted to Standard	Number of Test Questions (60 total)
Example: PE - Responsible Behaviors and Values	PE.912.R.5.5	5%	3 (.05 X 60 = 3)
Use data in class to compare gains	<u>MAFS.912.S-ID.1.2:</u>	2	1
Discuss activities and effects associated with class	<u>LAFS.910.SL.1.1:</u>	3	1
Use tech to build resource base for info pertaining to class	<u>LAFS.910.WHST.2.6:</u>	2	1
Analyze movements of others	<u>PE.912.C.2.3:</u>	3	2
Compare health benefits of various physical activities	<u>PE.912.C.2.6:</u>	3	2
Explain Monitoring intensity levels of aerobic activity	<u>PE.912.C.2.16:</u>	2	1
Use Technology to monitor gains	<u>PE.912.C.2.23:</u>	2	1
Analyze/Evaluate risks Safety Proc. Rules and equipment ass. With course	<u>PE.912.C.2.25:</u>	6	4
Evaluate skill patterns of self/partner by detecting/correcting errors	<u>PE.912.C.2.26:</u>	6	4
Participate in Class	<u>PE.912.L.3.2:</u>	6	4
Identify activities to reduce stress	<u>PE.912.L.3.3:</u>	3	2
Identify risks and safety factors that affect phys. Act. Throughout life	<u>PE.912.L.3.6:</u>	6	3
Self asses and modify personal fitness program	<u>PE.912.L.4.2:</u>	3	1
Use Tech. to create personal fitness program	<u>PE.912.L.4.4:</u>	2	1
Apply training principals to fitness goals	<u>PE.912.L.4.5:</u>	2	1
Weight room etiquette	<u>PE.912.R.5.5:</u>	6	4
Benefits from physical activities	<u>PE.912.R.6.2:</u>	3	2
Cultural influence on sports	<u>PE.912.R.6.3:</u>	3	2
Use strategies for self-improvement	<u>PE.912.M.1.5:</u>	3	1

Lifting with equipment	<u>PE.912.M.1.12:</u>	6	4
Warm up and cool down stretch	<u>PE.912.M.1.15:</u>	6	4
Training principles and conditioning to individual needs	<u>PE.912.M.1.16:</u>	2	1
Technique	<u>PE.912.M.1.19:</u>	6	4
Movement patterns from simple to complex	<u>PE.912.M.1.30:</u>	6	4
Demonstrate mechanical principles as the apply to specific sport	<u>PE.912.M.1.34:</u>	2	1
Use proper Equipment	<u>PE.912.M.1.35:</u>	6	4

TOTALS

100 %

60

List All Common Course Teachers:
