

Test Design Blueprint

Date 10/29/14

Personal Fitness

15013000

Course Title

Course Number

Main Idea (Big Idea/Domain/Strand/Standard)	Standard Code	Percent of Test Based on Time Devoted to	Number of Test Questions (60 total)
Formulate an effective long-term personal health plan.	HE.912.B.6.4:	3%	2
Remarks/Examples: Stress reduction, weight managem(and individual responsibilities for pi			
Analyze the role of individual responsibility in enhancing health.	HE.912.P.7.1:	3%	2
Remarks/Examples: Food choices, media messages, futi for health protection, and stress mz			
Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks.	HE.912.P.7.2:	1.75%	1
Remarks/Examples: Lifestyle choices: drug use/abuse, h infectious agents, riding with impail needed, sexual behavior, and enga			
Predict how healthy behaviors can affect health status.	HE.912.C.1.1:	1.5%	2
Remarks/Examples: Making positive choices/avoiding ri: healthy relationship skills; regular rr activity, and workplace safety.			
Evaluate how environment and personal health are interrelated.	HE.912.C.1.3:	1.75%	1
Remarks/Examples: Food options within a community; ; facilities; air quality; weather-safet\			

Propose strategies to reduce or prevent injuries and health problems.	HE.912.C.1.4:	1.75%	1
Remarks/Examples: Mandatory passenger-restraint/hel healthy relationship skills, and impr			
Calculate individual target heart-rate zone and analyze how to adjust intensity level to stay within the desired range.	PE.912.C.2.15:	3%	2
Explain the methods of monitoring levels of intensity during aerobic activity.	PE.912.C.2.16:	3%	2
Remarks/Examples: Some examples are a talk test, rate rate/pulse.			
Assess physiological effects of exercise during and after physical activity.	PE.912.C.2.17:	3%	2
Remarks/Examples: Some examples are breathing, resti			
Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs.	PE.912.C.2.18:	3%	2
Remarks/Examples: Some examples are weight-loss pill!			
Explain the skill-related components of fitness and how they enhance performance levels.	PE.912.C.2.22:		4
Remarks/Examples: The skill-related components of fitness and reaction time.			

Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance.	PE.912.C.2.23:	3%	2
Compare how peers influence healthy and unhealthy behaviors.	HE.912.C.2.2:	3%	2
Remarks/Examples: Binge drinking and social groups, se dating partner, students' recommei lifestyle, review trends in current ar seatbelts.			
Evaluate the effect of media on personal and family health.	HE.912.C.2.5:	3%	2
Remarks/Examples: Compares brand-name/store-brand identifies effective PSAs, consumer resources, participation in risky beh of unhealthy stereotypes, and norrr			
Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity beyond physical education on five or more days of the week.	PE.912.L.3.1:	4.5%	3
Participate in a variety of activities that promote the health-related components of fitness.	PE.912.L.3.2:	4.5%	3
Remarks/Examples: The health-related components of f strength, muscular endurance, flexi			
Identify a variety of activities that promote effective stress management	PE.912.L.3.3:	4.5%	3
Identify risks and safety factors that may affect physical activity throughout life.	PE.912.L.3.6:	1.5%	1
Design a personal fitness program.	PE.912.L.4.1:	1.5%	1
Remarks/Examples:			

Some examples of things to consider timelines and current fitness level.			
Identify ways to self-assess and modify a personal fitness program.	PE.912.L.4.2:	1.5	1
Identify strategies for setting goals when developing a personal fitness program.	PE.912.L.4.3:	3%	2
Use available technology to assess, design and evaluate a personal fitness program.	PE.912.L.4.4:	1.5%	1
Apply the principles of training to personal fitness goals.	PE.912.L.4.5:	6.6%	4
Remarks/Examples: Some examples of training principle			
Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.	PE.912.L.4.6:	6.6	4
Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.	PE.912.L.4.7:	1.5	1
Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.	PE.912.R.5.2:		0
Demonstrate sportsmanship during game situations.	PE.912.R.5.3:	1.5	1
Remarks/Examples: Some examples are controlling emotions, officials, and accepting both victory			
Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	PE.912.R.5.5:		
Discuss opportunities for participation in a variety of physical activities outside of the school	PE.912.R.6.1:	1.5%	1

setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.			
Analyze physical activities from which benefits can be derived.	PE.912.R.6.2:	3%	2
Remarks/Examples: Some examples of potential benefit			
Analyze the roles of games, sports and/or physical activities in other cultures.	PE.912.R.6.3:		
Apply strategies for self improvement based on individual strengths and needs.	PE.912.M.1.5:	3%	2
Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.	PE.912.M.1.12:	4.5%	3
Remarks/Examples: An example is performing plyometr			
Perform a student-designed cardiorespiratory enhancing workout.	PE.912.M.1.13:		
Utilize technology to assess, enhance and maintain health and skill-related fitness levels.	PE.912.M.1.14:		
Remarks/Examples: Some examples of technology are E log activities, heart rate monitors, v			
Select and apply sport/activity specific warm-up and cool-down techniques.	PE.912.M.1.15:		
Use correct body alignment, strength, flexibility and coordination in the performance of technical movements.	PE.912.M.1.19:		
Remarks/Examples: Demonstrate use of the mechanical principles as they apply to specific course activities,	PE.912.M.1.34:		

Select proper equipment and apply all appropriate safety procedures necessary for participation	PE.912.M.1.35:		
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