

Test Design Blueprint

Date 10/28/2014

Aerobics III
Course Title

1503420
Course Number

10-12
Grade

Big Idea/Domain/Strand/Standard	Standard Code	Percent of Test Based on Time Devoted to Standard	Number of Test Questions
Evaluate the effectiveness of specific warm-up and cool-down activities.	PE.912.C.2.7:	3%	2
Compare and contrast aerobic versus anaerobic activities.	PE.912.C.2.12:	5%	3
Assess physiological effects of exercise during and after physical activity. Remarks/Examples: Some examples are breathing, resting, etc.	PE.912.C.2.17	8.5%	5
Choreograph complex sequences individually, with a partner or in a small group	PE.912.C.2.19:		-
Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance	PE.912.C.2.23	3%	2
Analyze and evaluate the risks, safety procedures, rules and equipment associated with specific course activities.	PE.912.C.2.25:	8.5%	5
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:		-
Identify the community opportunities for participation in a variety of physical activities.	PE.912.L.3.5:	6%	4
Participate in a variety of activities that promote the health-related components of fitness. Remarks/Examples: The health-related components of fitness are cardiorespiratory endurance, muscular strength, flexibility and body composition.	PE.912.L.3.2:	8.5%	5

Identify a variety of activities that promote effective stress management.	PE.912.L.3.3:	8.5%	5
Identify the in-school opportunities for participation in a variety of physical activities.	PE.912.L.3.4:	6%	4
Identify risks and safety factors that may affect physical activity throughout life.	PE.912.L.3.6:	805%	5
Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.	PE.912.R.5.2:	5%	3
Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities. Remarks/Examples: Some examples are respecting teammates, opponents and officials, and accepting both victory and defeat.	PE.912.R.5.4:	5%	3
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:	8.5%	5
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:	6%	4
Select appropriate music for dance forms and choreograph dance movements to music.	PE.912.M.1.6:	3%	2
Perform advanced dance sequences from a variety of dances accurately. Remarks/Examples: Some examples of dances are hip-hop, folk, line and country	PE.912.M.1.7:		
Design and perform a creative movement sequence while working with a small or large group, with or without equipment/props.	PE.912.M.1.8:		-
Demonstrate complex skills and	PR.912.M.1.9:		-

advanced rhythmic movements in dance			
Remarks/Examples: Some examples are lime, hip-hop, country and folk			
Perform a student-designed cardiorespiratory enhancing workout.	PE.912.M.1.13:		-
Combine and apply movement patterns from simple to complex	PE.912.M.1.30:		-
Select proper equipment and apply all appropriate safety procedures necessary for participation.	PE.912.M.1.35:	5%	3

List of Participants:

100%

60
