

Test Design Blueprint**Date**10/20/2014Aerobics I150340010-12

Course Title

Course Number

Grade

Big Idea/Domain/Strand/Standard	Standard Code	Percent of Test Based on Time Devoted to Standard	Number of Test Questions
Calculate individual target heart-rate zone.	PE.912.C.2.15	3%	2
Methods of monitoring levels of intensity during aerobic activity.	PE.912C.2.16	1.75%	1
Apply terminology and etiquette in dance.	PE.912.C.2.2	17%	10
Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance.	PE.912.C.2.23	6%	4
Analyze the relationship between music and dance.	PE.912.C.2.5	1.75%	1
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	1.75%	1
Participate in a variety of activities that promote the health-related components of fitness.	PE.912.L.3.2	17%	10
Identify a variety of activities that promote effective stress management.	PE.912.L.3.3	6%	4
Identify risks and safety factors that may affect physical activity throughout life.	PE.912.L.3.6	15%	9
Analyze the roles of games, sports and/or physical activities in other cultures.	PE.912.R.6.3		
Utilize technology to assess, enhance and maintain health and skill-related fitness levels.	PE.912.M.1.14	3%	2
Select and apply sport/activity specific warm-up and cool-down techniques.	PE.912M.1.15	3%	2
Select proper equipment and apply all appropriate safety procedures necessary for participation.	PE.912.m.135	3%	2

Apply strategies for self - improvement based on individual strengths and needs.	PE.912.M.1.5	6%	4
Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.	PE.912.R.5.2	3%	2
Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities.	PE.912.R.5.4	3%	2
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

List of Participants:

100%

60
