

**Test Design Blueprint**

**Date 10/27/14**

Weight Training 2  
Course Title

1501350  
Course Number

10,11,12  
Grade(s)

| <b>Main Idea<br/>(Big Idea/Domain/Strand/<br/>Standard)</b>              | <b>Standard Code</b>      | <b>Percent of Test Based<br/>on Time Devoted to<br/>Standard</b> | <b>Number of Test<br/>Questions<br/>(60 total)</b> |
|--------------------------------------------------------------------------|---------------------------|------------------------------------------------------------------|----------------------------------------------------|
| Example: PE - Responsible Behaviors and Values                           | PE.912.R.5.5              | 5%                                                               | 3<br>(.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                                                                | 2                                                  |
| Evaluate the effectiveness of Specific warm-up and cool-down             | <u>PE.912.C.2.7:</u>      | 3                                                                | 2                                                  |
| Explain Monitoring intensity levels of aerobic activity                  | <u>PE.912.C.2.16:</u>     | 2                                                                | 1                                                  |
| Assess effects of exercise before and after on self.                     | <u>PE.912.C.2.17:</u>     | 2                                                                | 1                                                  |
| Use Technology to monitor gains                                          | <u>PE.912.C.2.23:</u>     | 2                                                                | 1                                                  |
| Mechanical principals are used in class how                              | <u>PE.912.C.2.24:</u>     | 2                                                                | 1                                                  |
| Analyze/Evaluate risks Safety Proc. Rules and equipment ass. With course | <u>PE.912.C.2.25:</u>     | 5                                                                | 4                                                  |
| Evaluate skill patterns of self/partner by detecting/correcting errors   | <u>PE.912.C.2.26:</u>     | 4                                                                | 3                                                  |
| 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>      | 5                                                                | 4                                                  |
| Self asses and modify personal fitness program                           | <u>PE.912.L.4.2:</u>      | 2                                                                | 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>      | 2                                                                | 1                                                  |
| Lifting with equipment                                                   | <u>PE.912.M.1.12:</u>     | 5                                                                | 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> | 5 | 4 |
| Practice complex movements                                       | <u>PE.912.M.1.33:</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> | 5 | 4 |

TOTALS

100 %

60

List All Common Course Teachers:

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