

**Test Design Blueprint**

**Date 10/27/14**

Weight Training 3  
Course Title

1501360  
Course Number

10,11,12  
Grade(s)

<b>Main Idea (Big Idea/Domain/Strand/ Standard)</b>	<b>Standard Code</b>	<b>Percent of Test Based on Time Devoted to Standard</b>	<b>Number of Test Questions (60 total)</b>
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	2
Evaluate the effectiveness of Specific warm-up and cool-down	<u>PE.912.C.2.7:</u>	3	2
Assess effects of exercise before and after on self.	<u>PE.912.C.2.17:</u>	2	1
How does skill related components of fitness enhance performance levels.	<u>PE.912.C.2.22:</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>	5	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>	2	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>	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>	5	4
Practice complex movements	<u>PE.912.M.1.33:</u>	5	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
<b>TOTALS</b>		<b>100 %</b>	<b>60</b>

List All Common Course Teachers:

_____	_____	_____
_____	_____	_____
_____	_____	_____