

Test Design Blueprint

Date 10/27/14

Power Weight Training

1501410

10,11,12

Course Title

Course Number

Grade(s)

Main Idea (Big Idea/Domain/Strand/ Standard)	Standard Code	Percent of Test Based on Time Devoted to Standard	Number of Test Questions (60 total)
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	1
Analyze movements of others	<u>PE.912.C.2.3:</u>	5	3
Evaluate the effectiveness of Specific warm-up and cool-down	<u>PE.912.C.2.7:</u>	5	3
Compare/contrast Skill related components of various physical activities	<u>PE.912.C.2.14:</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
Analyze/Evaluate risks Safety Proc. Rules and equipment ass. With course	<u>PE.912.C.2.25:</u>	5	3
Evaluate skill patterns of self/partner by detecting/correcting errors	<u>PE.912.C.2.26:</u>	5	4
Participate in Class	<u>PE.912.L.3.2:</u>	6	4
Identify activities to reduce stress	<u>PE.912.L.3.3:</u>	5	3
Identify risks and safety factors that affect phys. Act. Throughout life	<u>PE.912.L.3.6:</u>	5	3
Self asses and modify personal fitness program	<u>PE.912.L.4.2:</u>	2	1
Identify strategies for setting goals when developing a fitness program	<u>PE.912.L.4.3:</u>	3	2
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>	5	4
Benefits from physical activities	<u>PE.912.R.6.2:</u>	5	3

Cultural influence on sports	<u>PE.912.R.6.3:</u>	5	3
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	3
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	3
Demonstrate mechanical principles as the apply to specific sport	<u>PE.912.M.1.34:</u>	4	2
Use proper Equipment	<u>PE.912.M.1.35:</u>	5	3
TOTALS		100 %	60

List All Common Course Teachers:

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_____	_____	_____
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