

Test Design Blueprint

Date 10/28/2014

Aerobics II
Course Title

1503410
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:	8.5%	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.	PE.912.R.5.4:	5%	3	
<table border="1"> <tr> <td>Remarks/Examples: Some examples are respecting teammates, opponents and officials, and accepting both victory and defeat.</td> </tr> </table>	Remarks/Examples: Some examples are respecting teammates, opponents and officials, and accepting both victory and defeat.			
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Demonstrate appropriate etiquette, care of equipment, respect for facilities and sage 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	PE.912.M.1.7:	-	-	
<table border="1"> <tr> <td>Remarks/Examples: Some examples of dances are hip-hop, social, step and line</td> </tr> </table>	Remarks/Examples: Some examples of dances are hip-hop, social, step and line			
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Design and perform a creative movement sequence while working with a small or large group, with or without equipment/props.	PE.912.M.1.9:	-	-	
<table border="1"> <tr> <td>Remarks/Examples:</td> </tr> </table>	Remarks/Examples:			
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Some examples are line, hip-hop, country and folk			
Perform a student-designed cardiorespiratory enhancing workout	PE.912.M.1.13:	-	-
Utilize technology to assess, enhance and maintain health and skill-related fitness levels. Remarks/Examples: Some of technology are Excel spreadsheets or web based programs to chart or log activities, heart rate monitors, videotapes or digital cameras.	PE.912.M.1.14:	3%	2
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
