

<b>Course Title: Comprehensive Fitness (EDITS)</b>			
<b>Course Number: 1501390</b>			
<b>NGSSS Benchmark</b>	<b>Content Focus</b>	<b>Number of Questions</b>	<b>Suggested Cognitive Complexity (per CPALMS)</b>
<b>Reporting Category 1: Demonstrate competency and proficiency in movements</b>			
PE.912.M.1.13	Perform a student designed cardio enhancing workout	<del>3</del> 2	2 Level 2
PE.912.M.1.16	Principles of training for individual needs	2	2 Level 2
PE.912.M.1.34	Using mechanical principles for specific lifts	1	1 Level 1
PE.912.M.1.35	Using proper safety procedures during class	<del>3</del> 2	1 Level 2 1 Level 3 1 Level 1
PE.912.M.1.5	Strategies for self improvement based on individual needs	3	3 Level 2
<i>Reporting Category Total</i>		<del>12</del> 10	
<b>Reporting Category 2: Identify, analyze, and evaluate movements, principles, safety, and strategies for performance</b>			
PE.912.C.2.15	Calculate individual THR zone and analyze how to adjust intensity levels	3	2 Level 2 1 Level 3
PE.912.C.2.16	Explain methods of monitoring levels of intensity during aerobic activity	<del>2</del> 3	1 Level 1 2 Level 2
PE.912.C.2.23	Apply appropriate technology and analyze data	1	1 Level 2
PE.912.C.2.26	Detecting and correcting skill patterns of self and/or partner	2	2 Level 2
PE.912.C.2.28	Interpret and apply the rules associated with specific course activities	3	1 Level 1 3 Level 2 1 Level 3
<i>Reporting Category Total</i>		9 12	
<b>Reporting Category 3: Participating in physical activities &amp; developing a fitness program</b>			
PE.912.L.3.2	Participate in a variety of activities that promote health related components of fitness	1	1 Level 2
PE.912.L.4.1	<del>Design a physical fitness program</del> NO ITEMS	<del>3</del>	<del>3 Level 2</del>
PE.912.L.4.2	Ways to self-assess and modify a fitness program	2	1 Level 1 1 Level 2
PE.912.L.4.3	Identify strategies for setting goals when developing a personal fitness program	1	1 Level 3 1 Level 2
PE.912.L.4.5	Apply principles of training to fitness goals	2	1 Level 2 1 Level 1
PE.912.L.4.7	Evaluate how to make changes in an individual wellness plan as lifestyle changes occur	2	2 Level 2
<i>Reporting Category Total</i>		<del>11</del> 8	
<b>Reporting Category 4: Responsible behaviors and values</b>			
PE.912.R.5.4	Maintain appropriate, social, and ethical behavior	2	1 Level 2 1 Level 1
PE.912.R.5.5	Demonstrate etiquette, care of equipment, respect for facilities and safe behavior	3	1 Level 1 2 Level 2
PE.912.R.6.2	<del>Analyze physical activities from which benefits can be derived</del> NO ITEMS	<del>3</del>	<del>2 Level 2 1 Level 3</del>
<i>Reporting Category Total</i>		8	

Overall Percentage for Written Test: \_\_\_100%\_\_\_

Overall Percentage for Performance Tasks: \_\_\_0%\_\_\_