

Course Title: Fitness Issues for Adolescents			
Course Number: 1501320			
NGSSS Benchmark	Content Focus	Number of Questions	Suggested Cognitive Complexity (per CPALMS)
<i>Reporting Category 1: Cognitive</i>			
PE.912.C.2.10	Analyze long-term benefits of regular physical activity.	3	1 level 1 1 level 2 1 level 3
PE.912.L.3.6	Identify risks and safety factors that may affect physical activity throughout life.	3	1 level 1 1 level 2 1 level 3
PE.912.C.2.1.5	Calculate individual target heart rate zone/analyze how to adjust intensity level to stay within desired range	3	1 level 1 1 level 2 1 level 3
PE.912.L.4.4	Identify ways to self assess and modify a personal fitness program.	2	2 level 2
<i>Reporting Category Total:</i>			11
<i>Reporting Category 2: Self Improvement/Motivation</i>			
PE.912.M.1.15	Select and apply sport/activity specific warm-up and cool down techniques.	3	1 level 1 1 level 2 1 level 3
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.	3	1 level 1 1 level 2 1 level 3
PE.912.R.5.1	Describe ways to act independently of peer pressure during physical activities.	3	1 level 1 2 level 2 1 level 3
<i>Reporting Category Total:</i>			9
<i>Reporting Category 3:Responsible Behaviors/Values</i>			
PE.912.R.5.5	Demonstrate appropriate etiquette care of equipment, respect for facilities, safe behaviors while participating in variety of physical activities	3	1 level 1 1 level 2 1 level 3
PE.912.R.6.1	Discuss opportunities for participation in variety of physical activities outside of school setting that contributes to personal enjoyment	2	2 level 2
PE.912.R.6.2	Analyze physical activities from which benefits can be derived	3	1 level 1 2 level 2 1 level 3
PE.912.L.3.1	Participates in a variety of activities to meet the recommended amount of moderate to vigorous physical activity.	2	2 level 2
PE.912.L.3.2	Participate in a variety of activities that promote the health-related components of fitness.	2	2 level 2
PE.912.L.4.5	Apply the principles of training to the personal fitness goals.	3	1 level 1 1 level 2 1 level 3
PE. 912. L.4.7	Evaluate how to make changes in an individual wellness plan as life changes occur.	2	2 level 2
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation	3	1 level 1 1 level 2 1 level 3
<i>Reporting Category Total:</i>			20

Overall Percentage for Written Test: ___100%___

Overall Percentage for Performance Tasks: ___0%___