

Course Title: Personal Fitness (EDITS)**Course Number: 1501300**

NGSSS Benchmark	Content Focus	Number of Questions	Suggested Cognitive Complexity (per CPALMS)
Reporting Category 1: Cognitive			
PE.912.C.2.15	Calculate individual target heart rate zone/analyze how to adjust intensity level to stay within desired range	2	2 level 2
PE.912.C.2.22 (PM shows both as C.2.16)	Explain skill-related components of fitness/how they enhance performance levels	2	2 level 2
PE.912.C.2.23 (PM shows 1 question as PE.912.R.5.2)	Apply appropriate technology/analyze data to evaluate, monitor, improve performance	2	2 level 2
PE.912.C.2.17 (PM shows 1 question as M.1.35)	Assess Physiological effects of exercise during/after physical activity	2	2 level 2
PE.912.L.3.6	Identify risks and safety factors that may affect physical activity throughout life.	3	1 level 1 2 level 2 1 level 3
PE. 912.L.4.6	Identify health related problems associated with low levels of the 5 components of fitness.	3	1 level 1 1 level 2 1 level 3
PE.912. L.4.3	Identify strategies for setting goals when developing a fitness program.	2	2 level 2
<i>Reporting Category Total:</i>		16	
Reporting Category 2: Health Concepts			
HE.912.C.1.1 (PM shows 1 question as M.1.35)	Predict how healthy behaviors can affect health status	3	2 level 2 1 level 3
HE.912.C.1.3	Evaluate how environmental/personal health are interrelated	3	2 level 2 1 level 1
HE.912.C.2.2 (PM shows 1 question as HE.912.C.1.5)	Compare how peers influence healthy/unhealthy behaviors	3	2 level 2 1 level 3
HE.912.P.7.1	Analyze role of individual responsibility in enhancing health	3	1 level 1 2 level 2 1 level 3
HE.912.P.7.2	Evaluate healthy practices/behaviors that will maintain/improve health/reduce health risks	3	1 level 1 2 level 2 1 level 3
HE.912.C.1.4 (PM shows 1 question as HE.912.C.1.6, and 1 as PE.912.R.6.2 and 1 as HE.912.C.1.2)	Propose strategies to reduce/prevent injuries/health problems	3	1 level 1 1 level 2 1 level 3
HE.912.C.2.5 (PM shows 1 question as PE.912.M.1.15)	Evaluate the effect of media on personal and family health	3	1 level 1 1 level 2 1 level 3
<i>Reporting Category Total:</i>		21	

Reporting Category 3:Responsible Behaviors/Values			
PE.912.R.5.3	Demonstrate sportsmanship during game situations	2	2 level 2
PE.912.R.5.5	Demonstrate appropriate etiquette care of equipment, respect for facilities, safe behaviors while participating in variety of physical activities	2	2 level 2
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 2 2 level 1
PE.912.L.3.1 (PM shows 1 question as PE.912.M.3.6)	Participates in a variety of activities to meet the recommended amount of moderate to vigorous physical activity.	2	2 level 2
PE.912.M.1.19	Use correct body alignment, strength, flexibility and coordination on performance tasks.	2	2 level 2
<i>Reporting Category Total:</i>		13	

Overall Percentage for Written Test:___100%_____

Overall Percentage for Performance Tasks:___0%_____

* When building the EOC some questions are noted to cover more than one standard.