

## Assessment Task & Scoring Rubric – Learning Standard 1B (Commencement Level)

Directions: Read the *Scenario* and then complete the 3 parts of the assessment.

Part 1. Complete the *Health/Fitness Profile*.

- a. In the *Risk Factor* section place a check in the appropriate box to identify the risk factor type (lifestyle or genetic). Note: Both lifestyle and genetics may play a role in the development of a single Risk Factor.
- b. In the *Fitness Interpretations* section, interpret each result using the tables/charts found in the *Fitness Reference Booklet* and then identify the person's health/fitness status (e.g., low, normal, borderline, high, desirable, etc.).
- c. In the summary box that follows the *Health/Fitness Profile*, write a paragraph that summarizes the interpretations found in the person's *Health/Fitness Profile*.

Part 2. Complete the *Exercise/Activity Worksheets* using your knowledge and the information identified in the *Scenario* and *Health/Fitness Profile* for the following health-related components of fitness: cardiorespiratory, muscle strength and endurance, and flexibility.

For each component:

- a. State the individual's short-term *goal for the first month* and indicate how you would verify that the goal was met.
- b. Recommend specific *type(s)* of exercises/activities that address the goal.
- c. Determine the *intensity* of the first day workout for each exercise/activity *type* based on the FITT Formula and the Principles of Physical Activity. Show work where appropriate.
- d. Recommend *time* for each exercise/activity *type* based on the FITT Formula and the Principles of Physical Activity.
- e. Recommend *frequency* for each exercise/activity type based on the FITT Formula and the Principles of Physical Activity.

Part 3. Complete the *Personal Fitness Program* using the information from the *Exercise/Activity Worksheets*. Identify the physical activities (type) and duration (time) for each day of the first week of the program.

## Scoring for the Standard 1B Assessment

Procedure: All three parts of the student response will be scored together (e.g., *Health Fitness Profile, Exercise/Activity Worksheets, Personal Fitness Program*).

### Scoring Rubric for Standard 1B

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<p>Responses in graphic organizers and summaries will build on the <i>essential information</i> by demonstrating a level of detail and/or a depth and breadth of knowledge that exceeds expectations. Responses will include a thorough understanding of the components of fitness and the ability to create an individualized fitness program to improve fitness levels and accomplish set goals.</p> <p>(Part #1) <i>Health/Fitness Profile</i> is accurate, highly detailed, and shows in-depth understanding of obvious and subtle factors relevant to the scenario.</p> <p>(Part #2) <i>Exercise/Activity Worksheets</i> reflect an in-depth understanding and application of the FITT Formula and the Principles of Physical Activity. Conclusions and recommendations are reasonable, highly detailed, and identify obvious and subtle factors relevant for the specific scenario.</p> <p>(Part #3) <i>Personal Fitness Program</i> shows a high level of detail identifying obvious and subtle information reaching relevant conclusions appropriate for fitness planning.</p>	<p>Responses in graphic organizers and summaries provide the <i>essential information</i> that demonstrates an understanding of the components of fitness and the ability to create an individualized fitness program designed to improve fitness levels and accomplish set goals.</p> <p><i>Health/Fitness Profile</i> is accurate with no omissions or major errors in interpretation.</p> <p><i>Exercise/Activity Worksheets</i> display complete and accurate understanding and application of the FITT Formula and the Principles of Physical Activity with no omissions or major errors.</p> <p><i>Personal Fitness Program</i> is complete, appropriate for the individual in the scenario, and shows correct understanding and application for fitness planning.</p>	<p>Responses in graphic organizers and summaries address most parts of the task but demonstrate limited knowledge and include omissions, notable errors, misapplications, and/or misconceptions about components of fitness programs.</p>	<p>Responses fail to address required parts of the task and show omissions, major errors, misapplications, and/or misconceptions.</p>