Concepts of Physical education

Washington State Physical Education Assessment for High School

*A Component of the Washington State Assessment Program*

**Teacher’s Edition**

For more information about the contents of this document or to access the student writeable version, please contact:

<https://www.k12.wa.us/student-success/resources-subject-area/health-and-physical-education/health-and-physical-education-assessments>

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**2021**

## Passing Score

A total score of 32 points or more on High School *Concepts of Physical Education* meets the minimum state standard:

* 32–45 points = meets minimum state standard
* 0–31 points = below minimum state standard

# Alignment with Standards

This assessment addresses the following learning standards. For more information, refer to [Washington State K–12 Physical Education Learning Standards and Grade-Level Outcomes](https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/physicaleducationk-12learningstandards.pdf) (high school).

PE3.1 Benefit of Physical Activity

* Investigate relationship between physical activity, nutrition, and body composition. PE3.1.HS1
* Evaluate benefits of a physically active lifestyle as it relates to college or career productivity. PE3.1.HS2

PE3.3 Health-Related Fitness

* Evaluate risks and safety factors that might affect physical preferences throughout the life span. PE3.3.HS1

PE3.5 Fitness Assessment

* Adjust intensity to keep heart rate in the target zone, calculate recovery heart rate, and use technology to monitor cardiorespiratory endurance. PE3.5.HS1a
* Use types of flexibility exercises (static, dynamic). PE3.5.HS1c
* Analyze types of muscular strength, muscular endurance, and flexibility exercises for personal fitness development. PE3.5.HS2b

**PE3.6 Training Principles**

* Explain training principles (overload, specificity, progression, reversibility, diminishing return, rest, and recovery) and how they relate to fitness planning. PE3.6.HS1
* Use training principles (overload, specificity, progression, reversibility, diminishing return, rest, and recovery) to design a personal workout. PE3.6.HS2

**PE3.8 Individual Plan**

* Design and implement a personal fitness and nutrition plan (assessment scores, goals for improvement, plan of activities for improvement, log of activities to reach goals, timeline for improvement). PE3.8.HS1

# Answer Key

Total Score /45 pts.

1. Which of the following static stretching programs would best maintain or improve the overall flexibility of a student? (1 pt.)
2. Fifty to sixty minutes, once a week
3. Twenty to thirty minutes, once a week
4. Five to ten minutes, three days a week
5. Fifteen to thirty minutes, seven days a week

Correct Answer: D

Point Value: 1

Standard: PE3.5 Health-Related Fitness

Which of the following routines represents the most appropriate form of exercise that a person should participate in at the beginning of a fitness program? (1 pt.)

1. Vigorous aerobic dance three times a week
2. Brisk walking for thirty minutes three times a week
3. Running three to five miles two times a week
4. Swimming for one hour five times a week

Correct Answer: B

Point Value: 1

Standard: PE3.6 Training Principles

Identify *three* benefits of the warm-up phase of a workout. (3 pts.)

1. Prevent injuries by increasing blood flow to the muscles
2. Increase body temperature
3. Stretch large body muscles to increase elasticity
4. Decrease heart rate

Correct Answer: A, B, C

Point Value: 3

PE3.6 Training Principles

Create a cardiorespiratory endurance plan, for a sedentary teen, using the FITT principle that would support improvement for this component. (4 pts.)

Component of Health-Related Fitness—Cardiorespiratory Endurance

Frequency:

Intensity:

Time:

Type:

Correct Answer:

F: 3 to 5 days a week

I: may include 60 to 80 percentage of max HR

T minimum of 30 minutes

T cardiorespiratory endurance activity (ex. Walking, jogging, swimming, biking)

Point Value: 4

Standard: PE3.5 Health-Related Fitness

Which example best demonstrates the principle of specificity? (1 pt.)

1. Push-ups to gain flexibility
2. Pull-ups to decrease body fat
3. Bicep curls to increase muscular strength in biceps
4. Repetitions of heavy weights to increase muscular endurance

Correct Answer: C

Point Value: 1

Standard: PE3.6 Training Principles

A thirty-two-year-old accountant spends much of the day working at the computer. The accountant's body fat percentage is approaching the healthy level for their age. They take a twenty-minute walk, three days a week, but are not training in their target heart-rate zone. (3 pts.)

* Identify **two** changes the accountant needs to make that would increase intensity and improve the current fitness level for cardiorespiratory endurance.
* Explain how those changes impact cardiorespiratory health.

Correct Answer:

Examples: *Change*—Add additional cardiorespiratory activities that would increase heart rate to target zone. Increase rigor; walk hills, walk faster, jog. *Explanation*—Increase metabolism, increase cardiorespiratory endurance, decrease body fat percentage, lowers resting heart rate.

Point Value: 3

Standard: PE3.5 Health-Related Fitness

How could a weight lifting program, focused on muscular endurance, impact body composition? (1 pt.)

1. Increase body fat percentage
2. Decrease body fat percentage
3. No impact on body fat percentage
4. None of the above

Correct Answer: B

Point Value: 1

Standard: PE3.1 Benefit of Physical Activity

Discuss *two* benefits of physical activity achieved by participating in a regular fitness program after high school graduation. (2 pts.)

Correct Answer:

Examples of Benefits: Stress relief, increase metabolism, decrease body fat percent, increase mood (endorphins), self-confidence increases, increase brain processing and memory.

Point Value: 2

Standard: PE3.1 Benefits of Physical Activity

Which of the following strategies should be used when returning to a workout program after an extended illness? (1 pt.)

1. Return at a lower level of intensity.
2. Return at the same level of intensity.
3. Return at a higher level of intensity.
4. None of the above.

Correct Answer: A

Point Value: 1

Standard: PE3.3 Physical Activity for a Lifetime

Specificity, along with rest and recovery, are two training principles that are an important part of any fitness program. Choose *two* of the remaining training principles and explain the role of each in a fitness plan. (4 pts.)

Correct Answer: Students choose to define *two* of the following: overload, reversibility, progression, diminishing returns

Point Value: 4

Standard: PE3.6 Training Principles

A 26-year-old, with a poor diet, has not exercised since high school. The results of a fitness evaluation suggest an unhealthy range in all of the components of health-related fitness. (3 pts.)

Explain ***one*** physical, mental, and professional benefit that an effective, consistent muscular endurance fitness plan would provide.

Correct Answer: *Physical benefit:* Improved body composition, increased lean muscle mass, lower resting HR. *Mental benefit:* Increased cognitive reasoning, Improved self-esteem, decreased stress. *Professional benefit:* Increased energy, improved mood, increased focus, improved stamina.

Point Value: 3

Standard: PE3.1 Benefit of Physical Activity

Which two of the following risk factors would lead a person to seek medical guidance before starting a fitness program? (2 pts.)

1. Asthma
2. Food allergy
3. Common cold
4. Concussion

Correct Answer: A and D

Point Value: 2

Standard: PE3.3 Physical Activity for a Lifetime

Explain why the push-up test is muscular strength for some students and muscular endurance for others. (2 pts.)

Correct Answer: The answer is based on the number of push-ups performed. A low number (1–8) would represent muscular strength. A high number (12 or more) would represent muscular endurance.

Point Value: 2

Standard: PE3.5 Health-Related Fitness

Name *two* activities that specifically promote flexibility. (2 pts.)

Correct Answer: Students' answers may include static stretching, dynamic stretching, yoga, barre

Point Value: 2

Standard: PE3.5 Health-Related Fitness

Describe *two* benefits of maintaining a fitness log. (2 pts.)

Correct Answer: Students’ answers may include tracking progress, accountability, analyzing data, goal setting, connection to training principles

Point Value: 2

Standard: PE3.6 Training Principles

Which best describes the process that should be followed when creating a fitness goal? (1 pt.)

1. Overload, specificity, progression
2. Assessment scores, activities, timeline
3. Strategy, technology, safety
4. Collaboration, activities, diminishing returns

Correct Answer: B

Point Value: 1

Standard: PE3.8 Individual Plan

Which *two* of the following pieces of information is essential for a person to know before setting personal fitness goals? (2 pts.)

1. Past level of fitness
2. Current level of fitness
3. Fitness score is approaching healthy standard
4. No fitness scores

Correct Answer: B and C

Point Value: 2

Standard: PE3.8 Individual Plan

Analyze the following fitness testing scores. (4 pts.)

* Choose ***two*** areas that need to improve.
* For each of the two areas chosen, provide one suggestion using the FITT Principle, that may help improve that particular area.

| Assessment Area | Wade’s Score | Minimum Health-Related Standard |
| --- | --- | --- |
| Sit-and-reach (inches) | 6 | 8 |
| Curl-ups | 20 | 24 |
| Push-ups | 11 | 16 |
| Pacer run | 54 | 51 |

Correct Answer: Students may choose two of the three areas that are approaching standard (pacer run score meets standard). Examples:

Sit and Reach: Dynamic/static stretching 7 days/week for 20 minutes.

Curl-ups: A variety of abdominal exercises 3 to 5 days a week for 30 minutes.

Push-ups: A variety of arm, shoulder, and chest exercises 3 to 5 days a week for 30 minutes.

Point Value: 4

Standard: PE3.5 Health-Related Fitness, PE3.6 Training Principles

Select *two* activities from the list below. Identify one safety concern for each activity and explain how you would demonstrate safe participation. (4pts)

* Biking
* Swimming
* Jogging/running
* Sport activity

Correct Answer: Examples:

*Activity:* biking. *Concern:* head injury. *Explanation:* Wear a helmet correctly.

*Activity:* swimming. *Concern:* supervision. *Explanation:* Make sure there is a lifeguard on duty.

*Activity:* jogging. *Concern:* communication. *Explanation:* Notify your family member of your route and carry a cell phone.

*Activity:* basketball. *Concern:* recurring ankle injury. *Explanation:* Tape ankle.

Point Value: 4

Standard: PE3.3 Physical Activity for a Lifetime

Identify *one* component of skill-related fitness that is directly connected to standing long jump and explain why. (2pts)

Correct Answer: Answers could vary. One example could be *power:* the explosive, full-body movement needed to create distance.

Point Value: 2

Standard: PE3.5 Health-Related Fitness