

Course Name: Fitness Issues for Adolescence

Course Number: 1501320

Item Specifications

Strand: Lifetime Fitness

Standard: Participate regularly in physical activity.

Benchmark: PE.912.L.3.3 Identify a variety of activities that promote effective stress management.

Depth of Knowledge: Low Complexity, Moderate Complexity

Item Types: Multiple Choice, Constructed Response

Content Limits: Items should address stress management techniques through exercise and/or physical activity.

Stimulus Attributes:

Stimulus may include stressor scenarios which contain management techniques using exercise or physical activity.

Stimulus should NOT include a scenario which may be disturbing or emotionally charged. Stimulus may include identifying proper coping techniques.

Response Attributes:

Responses may be appropriate or inappropriate exercise or physical activities or techniques that help manage stress.

Sample Item:

