



Recommended Test-Out Procedures Michigan Merit Curriculum: Physical Education Class

Fitness Test

The student must complete the following FitnessGram® or the Brockport Physical Fitness Test (BPFT) items:

- Cardiovascular fitness (PACER)
- Muscular strength and endurance (Curl-up and Push-up)
- Flexibility (Back-Saver Sit-and-Reach)
- Body composition (Body Mass Index and Percent Body Fat)

Student must meet the criterion-referenced health-related fitness standards for age and gender for four of the five tests above.

Written Test

Score a minimum of 78% on a written test based on the rules, procedures, tactics, and information from selected activities that represent the three categories of physical activities (i.e., target, outdoor pursuits, target, rhythmic activities etc.) and fitness, including capacity to calculate target heart rate, explanation of the importance of monitoring heart rate during exercise, and the impact that it has on health and explanation of the principles of frequency, intensity, time, overload, progression, and specificity.

Skills Test

The student must demonstrate advanced skills and tactics in three activities from three categories, as well as basic skills and tactics in five additional activities. Students will be evaluated using the Task Analysis form of the skill. Assessment templates for use at the local level will be distributed by MDE.

Personal Fitness Plan

- Develop a personal fitness plan based on fitness assessment results.
- Monitor nutrition on MyPyramid.gov for one week, and create a report on the results.
- Complete MyPyramid worksheet.

Recommended Implementation Plan

Student must request test-out procedure by March 1 in the high school guidance counselor's office. There will be two sessions scheduled. Each session will last approximately two hours. The first should take place during the first week of May. The fitness and written test will be administered during that two-hour session. If the student passes the fitness and written test, the specifications for the Personal Fitness Plan will be given to the student. The student must complete the Personal Fitness Plan assignment during the two week interim between test dates. The second session will be scheduled during the third or fourth week in May. The skills test will be administered and the Personal Fitness Plan will be submitted. Student will be informed, in writing, of the outcome of test-out performance by May 15. The opportunity to test out should be offered annually in the spring to accommodate scheduling for the following school year.

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