

## **THE FLORIDA COMPETENCY EXAMINATION ON PERSONAL FITNESS: INFORMATION FOR HIGH SCHOOL STUDENTS**

### **WHAT IS THE FLORIDA COMPETENCY EXAMINATION ON PERSONAL FITNESS?**

The *Florida Competency Examination on Personal Fitness* is an exam that allows you the option of fulfilling the graduation requirement for one credit in physical education by completing two full seasons in a qualifying interscholastic sport at the junior varsity or varsity level and earning a grade of “C” or better on this exam. Please note that, although earning a grade of a “C” or better on this exam allows you to waive the physical education requirement, this exam does not award a course credit and the exam grade is not included in the GPA. **You will still need to earn one credit in another elective toward the four-year, 24-credit, standard program, graduation requirements.**

This exam is a secure exam and is treated just like any other important exam. You must do your own work, and any improper behavior will be cause for dismissal.

### **WHO IS ELIGIBLE TO TAKE THIS EXAMINATION?**

In order to be eligible to take the *Florida Competency Examination on Personal Fitness*, you must have **completed two full seasons** in a qualifying sport **prior to** registering for the exam. Eligible students may take the exam once each school year in grades 9 through 11. **Seniors may not take this exam.**

### **WHAT KINDS OF QUESTIONS ARE INCLUDED IN THE EXAMINATION?**

The exam includes both multiple choice and short response questions.

### **DO I NEED TO TAKE THIS EXAMINATION? DO I NEED IT TO GRADUATE?**

No, you do not need to take this exam. The *Florida Competency Examination on Personal Fitness* is an optional exam that is offered to students who meet eligibility criteria (see WHO IS ELIGIBLE TO TAKE THIS EXAMINATION?) and who wish to be exempt from the one credit physical education requirement. This exam is **not** needed to graduate. You may choose to earn the one credit in physical education by taking the personal fitness class and any other one half-credit elective in physical education. If you do not pass this exam with a “C” or better, you must take the personal fitness course and another physical education elective in order to meet the one credit requirement for physical education.

## **HOW LONG IS THE EXAMINATION?**

Two hours are allowed for the exam.

## **WHAT WILL BE COVERED ON THE EXAMINATION? DO I HAVE TO PREPARE FOR THE EXAMINATION?**

The *Florida Competency Examination on Personal Fitness* is designed to assess student mastery of the content of the course, Personal Fitness 1501300. This course is organized around twelve skills that cover seventeen benchmarks in three of the Sunshine State Standards for physical education. The twelve required skills are:

1. Apply knowledge of safety practices to participation in activities that promote physical fitness.
2. Demonstrate understanding of the components of physical fitness.
3. Apply knowledge of technology to facilitate personal fitness.
4. Demonstrate understanding of health problems associated with inadequate fitness levels.
5. Evaluate and select physical activities according to fitness values.
6. Design and implement a fitness program that meets individual needs and interests.
7. Demonstrate understanding of correct biomechanical and physiological principles related to exercise and training.
8. Exhibit an improved level of health-related fitness.
9. Describe the relationship of individual lifestyles to personal fitness and wellness.
10. Demonstrate understanding of sound nutritional practices related to physical fitness.
11. Demonstrate understanding of consumer issues related to physical fitness.
12. Demonstrate understanding of the benefits derived from participation in physical fitness activities.

If you choose to take this exam, it is your responsibility to prepare yourself for this exam by studying the textbook used in the Personal Fitness course. The textbook is available in your school's media center and may be used following the guidelines set by your school.

## SAMPLE EXAMINATION ITEMS

- **Multiple Choice Item**

A healthy 15-year-old with a resting heart rate of 70 beats per minute wants to start an aerobic conditioning program. Calculate at 60% and 85% the target heart rate range.

- A. 90-127
- B. 123-174
- C. 153-164
- D. 170-194

- **Short Response Item**

List five (5) hypertension risk factors.

### Answers to Sample Exam Items

Multiple Choice: B

Short Response: acceptable response would include 5 of the following: being overweight; excessive use of alcohol; too much sodium (Na) in the diet; too little calcium (Ca) and potassium (K) in the diet; smoking; family history; and race (African Americans have a higher risk factor than other races).

## WHAT DO I NEED TO DO TO TAKE THE EXAMINATION?

You will need to:

- ☼ Submit a completed registration form and proof of eligibility to your school guidance counselor by the registration deadline.
- ☼ Get an admission ticket from your school guidance counselor.
- ☼ Go to the assigned exam location on the day of your exam. Be on time.
- ☼ Know your student identification number.
- ☼ Present your admission ticket on the day of the exam, **together with valid photo identification** such as a State of Florida identification card, a driver's license, or a passport with a recent photo.

**NOTE:** If you do not have any of these forms of identification, see your school guidance counselor prior to the day of the exam.

## **HOW WILL I KNOW ABOUT MY RESULTS?**

A printed score report will be provided to you approximately two weeks after you take the exam. See your counselor for any additional information. These exam results will not affect the grades in any of your high school courses or your GPA.

## **MAY I TAKE THIS EXAMINATION AGAIN?**

You may take this exam again if you do not earn a grade of “C” or better. However, this exam **may be taken only one time during each school year, grades 9 through 11**. If you do not pass this exam by the May administration of your junior year, you must register for the personal fitness course and another physical education course in order to meet the one physical education credit graduation requirement.