

Module 4: Personal Fitness Plan

Topic 4 Content: Types of Assessment Notes

Introduction

Types of Assessment

- Pre-Assessment
- Formative Assessment
- Summative Assessment

Introduction



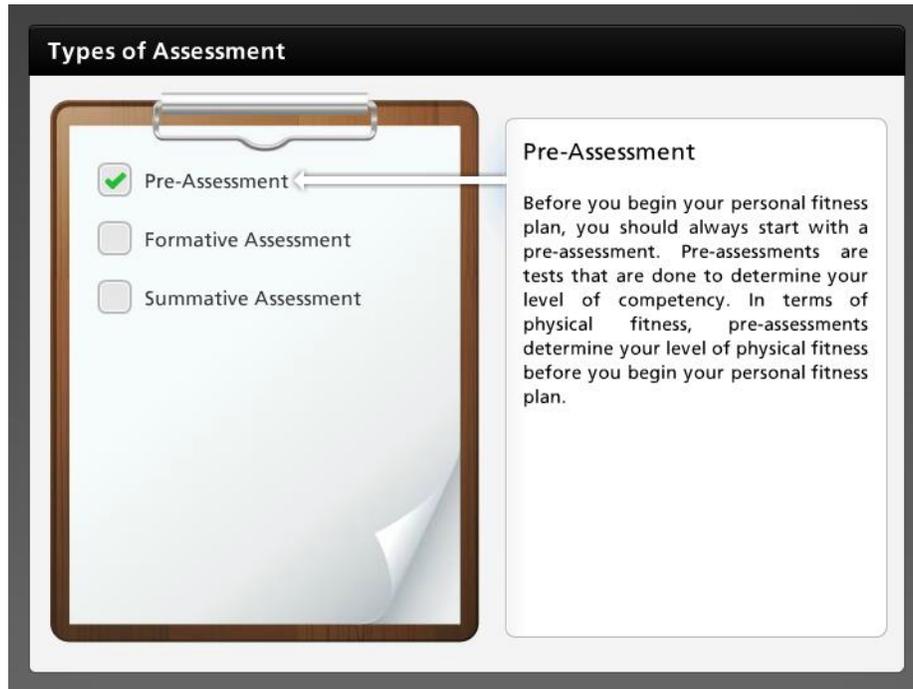
While you may believe that you are in great physical shape, the only way to accurately determine your physical fitness is to measure it by performing certain exercises. In this interactivity, click **NEXT** to explore the types of assessments that should take place before, during, and after you have completed your personal fitness plan.

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Pre-Assessment



The slide is titled "Types of Assessment" and features a clipboard with a checklist on the left and a text box on the right. The checklist includes three items: "Pre-Assessment" (checked), "Formative Assessment" (unchecked), and "Summative Assessment" (unchecked). An arrow points from the "Pre-Assessment" item to the text box on the right.

Types of Assessment

- Pre-Assessment
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Pre-Assessment

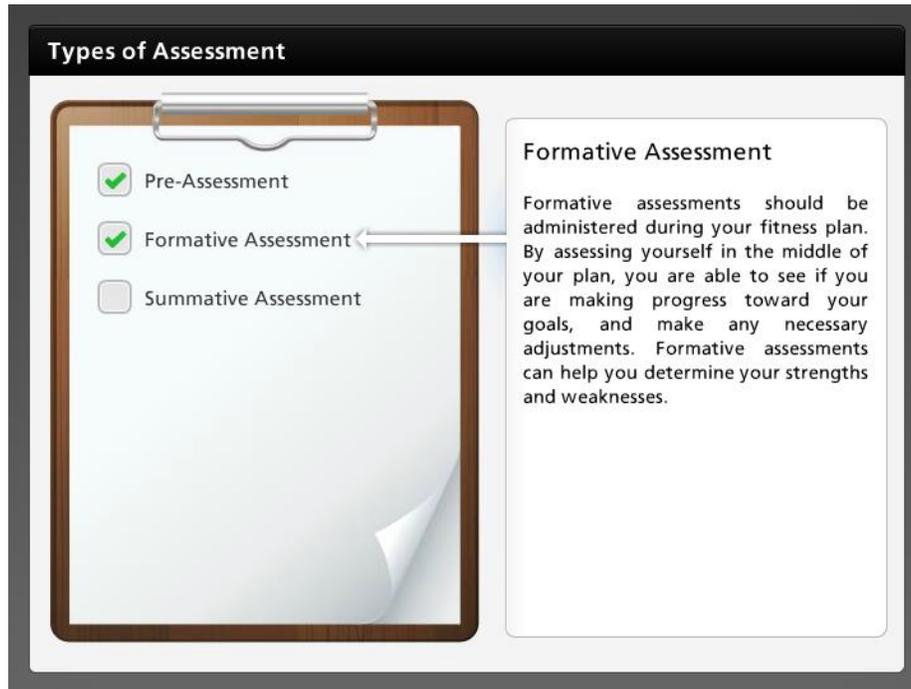
Before you begin your personal fitness plan, you should always start with a pre-assessment. Pre-assessments are tests that are done to determine your level of competency. In terms of physical fitness, pre-assessments determine your level of physical fitness before you begin your personal fitness plan.

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Formative Assessment



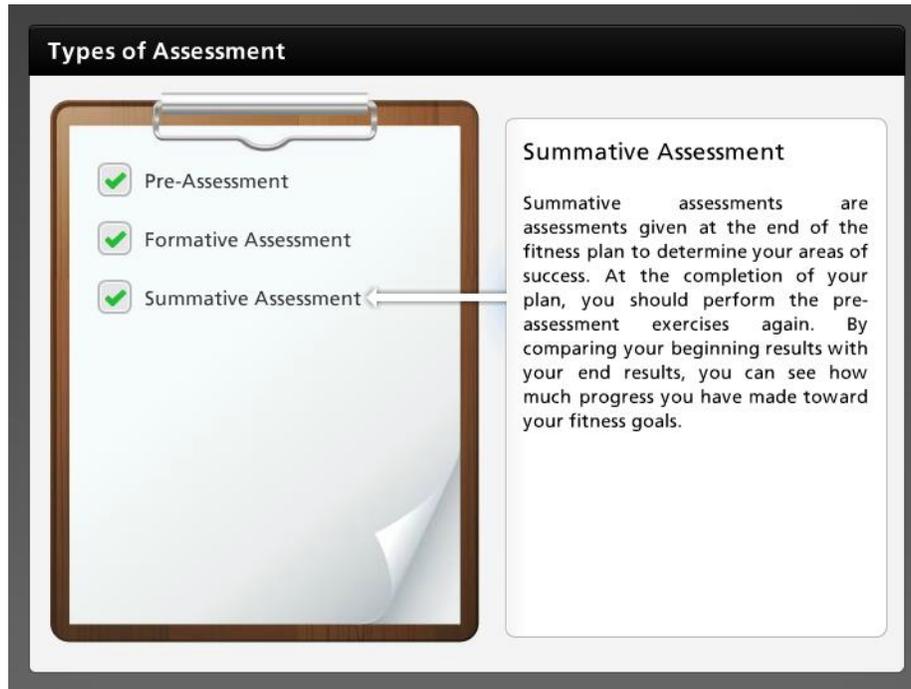
The graphic is titled "Types of Assessment" and is enclosed in a dark grey border. On the left, a clipboard with a silver clip at the top holds a white sheet of paper. The paper has a checklist with three items: "Pre-Assessment" with a green checkmark, "Formative Assessment" with a green checkmark, and "Summative Assessment" with an unchecked checkbox. A white arrow points from the "Formative Assessment" text to a text box on the right. The text box is titled "Formative Assessment" and contains the following text: "Formative assessments should be administered during your fitness plan. By assessing yourself in the middle of your plan, you are able to see if you are making progress toward your goals, and make any necessary adjustments. Formative assessments can help you determine your strengths and weaknesses."

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Summative Assessment



The graphic is titled "Types of Assessment" and is enclosed in a dark grey border. On the left, a clipboard with a silver clip at the top holds a white sheet of paper. The paper has a checklist with three items, each preceded by a green checkmark in a square box: "Pre-Assessment", "Formative Assessment", and "Summative Assessment". A white arrow points from the "Summative Assessment" text to a text box on the right. The text box has a white background and a thin grey border. It is titled "Summative Assessment" and contains the following text: "Summative assessments are assessments given at the end of the fitness plan to determine your areas of success. At the completion of your plan, you should perform the pre-assessment exercises again. By comparing your beginning results with your end results, you can see how much progress you have made toward your fitness goals."

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