

# Standards and Score Groups for Physical Fitness (Missouri)

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[Physical Fitness Scoring Rubric](#) | [Physical Fitness Assessments Standards](#)

Tool Search: Score Groups and Rubrics, Standards

The [MOSIS Student Core Extract](#) reports student's ability in Aerobic Capacity, Abdominal Strength, Upper Body Strength and Flexibility. This is recorded in Standards for students in grades 5, 7 and 9. This article provides guidance on how to create these standards.

## Physical Fitness Scoring Rubric

The Score Group is selected when creating the Standards. Verify that the scores are entered accurately.

1. Click the **Create New Rubric** button.
2. Enter **Physical Fitness Scores** in the **Rubric Detail Name** field.
3. In the **Rubric List Items Detail**, add the following items.
  1. Name: HFR, Score: HFR
  2. Name: NOT TESTED, Score: NOT TESTED
  3. Name: TESTED, Score: Tested
4. Click **Save** when finished.

**Score Groups & Rubrics Editor**

Name	Type
Elementary Standards	Rubric
Elementary-Subjects	Score Group
High School 2017+	Score Group
High School Honors 2017+	Score Group
Met/Not Met	Rubric
Middle School 2017+	Score Group
NU-Academy	Score Group
NU-Academy Attendance	Score Group
NU-High School 06-17	Score Group
NU-High School Honors 06-17	Score Group
NU-Middle School 06-17	Score Group
NU-Subject Area Rubric	Rubric
Pass/Fail	Score Group
Physical Fitness Scores	Rubric
Work and Study Habits	Rubric

**Rubric Detail**

\*Name: Physical Fitness Scores  Show Power Law Fields

**Rubric List Items Detail**

Sequence	Name	Score	State Score	Passing Score	Credit Coeff.	Minimum Value	Rollup Value	Mean Value	GPA Value	GPA Unweighted Value	GPA Bonus Points
0	HFR	HFR		<input type="checkbox"/>	0	0	0	0			0
0	NOT TESTED	NOT T		<input type="checkbox"/>	0	0	0	0			0
0	TESTED	TESTE		<input type="checkbox"/>	0	0	0	0			0

Physical Fitness Rubric

# Physical Fitness Assessments Standards

This Standards Group and Standards may already exist. If it does, you don't need to create another one, but do verify that the information is correct.

## Create Physical Fitness Standards Group

1. Click **New**. In the pop-up message that displays, select **Create New Group**.
2. In the **Group Name** field, enter **Physical Fitness Assessments**.
3. Select **Physical Fitness Scores** from the **Scoring Rubric**.
4. Click **Save**.

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**Standards Bank** ☆

[Grading & Standards](#) > [Setup](#) > Standards Bank

### Standard Group Editor

Type

Standard Group

**Group Name\***

**Rubric\***

**Sequence**

**Credit Overflow**

**Archived**

**Include in Report Card**

**Parent**

No Parent. Root Level Group Edit

**Comments**

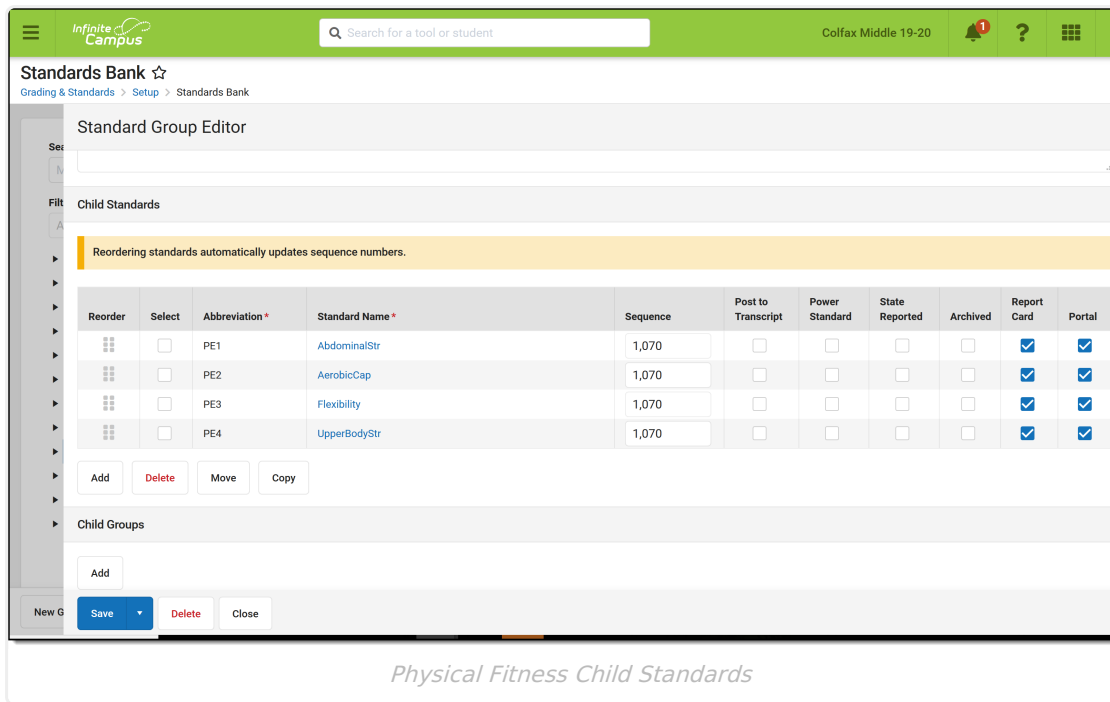
**Description**

New G
Save
Delete
Close

*Physical Fitness Standards Group*

## Create Physical Fitness Standards

These steps need to be repeated four times, one for each of the Physical Fitness assessments/skills.



Physical Fitness Child Standards

## Abdominal Strength Assessment

1. Click **New**. In the pop-up message that displays, select **Create New Standard**.
2. In the **Display Name** field, enter **AbdominalStr**.
3. In the **Abbreviation** field, enter **PE1**.
4. In the **Number** field, enter **PE1**.
5. In the **Sequence** field, enter **1070**.
6. For **Standards Bank Location**, if Physical Fitness Assessments is not already selected, click the **Select Location** button and locate and select **Physical Fitness Assessments**.
7. Click **Save**. This assessment displays as a child standard of the Physical Fitness Assessments.

## Aerobic Capacity Assessment

1. Click **New**. In the pop-up message that displays, select **Create New Standard**.
2. In the **Display Name** field, enter **AerobicCap**.
3. In the **Abbreviation** field, enter **PE2**.
4. In the **Number** field, enter **PE2**.
5. In the **Sequence** field, enter **1070**.
6. For **Standards Bank Location**, if Physical Fitness Assessments is not already selected, click the **Select Location** button and locate and select **Physical Fitness Assessments**.
7. Click **Save**. This assessment displays as a child standard of the Physical Fitness Assessments.

## Flexibility Assessment

1. Click **New**. In the pop-up message that displays, select **Create New Standard**.
2. In the **Display Name** field, enter **Flexibility**.
3. In the **Abbreviation** field, enter **PE3**.
4. In the **Number** field, enter **PE3**.

5. In the **Sequence** field, enter **1070**.
6. For **Standards Bank Location**, if Physical Fitness Assessments is not already selected, click the **Select Location** button and locate and select **Physical Fitness Assessments**.
7. Click **Save**. This assessment displays as a child standard of the Physical Fitness Assessments.

## Upper Body Strength Assessment

1. Click **New**. In the pop-up message that displays, select **Create New Standard**.
  2. In the **Display Name** field, enter **UpperBodyStr**.
  3. In the **Abbreviation** field, enter **PE4**.
  4. In the **Number** field, enter **PE4**.
  5. In the **Sequence** field, enter **1070**.
  6. For **Standards Bank Location**, if Physical Fitness Assessments is not already selected, click the **Select Location** button and locate and select **Physical Fitness Assessments**.
  7. Click **Save**. This assessment displays as a child standard of the Physical Fitness Assessments.
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