Key Licensure Assessment #6: Skills and Fitness-Based Competence Assessment
Physical Education: PHED 203
Overview
Advanced Teacher Preparation Program
Educator Preparation Unit
Muskingum University

1. Description of the Assessment and Its Use in the Program

Key Licensure Assessment #6 is designed to assess a prospective candidate’s skills and fitness-based competence in the teaching of Physical Education. It also assesses the prospective candidate’s abilities and competence in motor skills and movement across a variety of activities, as well as the extent to which the prospective candidate is able to serve as a role model of fitness for student learners. The assessment is completed at the conclusion of PHED 203: Foundations of Athletic Skills - Individual.

To be admitted into clinical practice at Gateway 2, a candidate must complete Key Licensure Assessment #6 (Skill and Fitness-Based Competence Assessment) with at least 80% of the NASPE elements on the assessment rated at meets element and no element rated unacceptable.

2. Description of How the Assessment Aligns with the National Association for Sport and Physical Education (NASPE) Standards (2008)

The following elements of NASPE Standard 2 are evaluated through this key licensure assessment.

<table>
<thead>
<tr>
<th>STANDARD 2: Skill and Fitness-Based Competence</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Element 2.1:</strong> Demonstrate personal competence in motor skill performance for a variety of physical activities and movement patterns</td>
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<tr>
<td><strong>Element 2.2:</strong> Achieve and maintain a health-enhancing level of fitness throughout the program</td>
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<td><strong>Element 2.3:</strong> Demonstrate performance concepts related to skillful movement in a variety of physical activities</td>
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3. Assessment Instrument

(see pages 2 – 15)
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+ = GOOD
x = FAIR
- = NEEDS IMPROVEMENT

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FRENCH CLEAR TEST

This test is designed to measure the ability to use the clear shot.

Procedures:

The player to be tested shall stand anywhere behind the short service line on the court opposite the target and receive 20 shuttles, which he will try to send, by means of a clear stroke, above the rope so that the shuttle lands on the target. The shuttles shall be served to the player by an experienced player, standing anywhere behind the short service line on the same side as the target, who must serve the shuttle with enough force that will carry beyond the short service line opposite the target. Only shuttles played by the player being tested shall count as trials. A trial which is slug or carried shall be repeated.

Scoring:

The server shall act as scorer and shall call out the score of each of the 20 trials. The area between the two rear lines of the regulation court counts 5 points, the space just behind it counts 3 points, and the space just in front of it counts 4 points. Any shuttle going over the net but failing to reach the target counts zero. Shuttles landing on the line shall be given the higher value. The score is what the tip of the shuttle hits first. Record all 20 trials.
**FRENCH SHORT SERVE TEST**

This test is designed to measure the accuracy of the short, low serve.

**Procedure:**

The player stands in the regulation right court for serving and serves 20 times into the opposite right service court. Your shuttlecock must go under the rope that is placed 20 inches above the net and parallel to it and must otherwise be a legal serve.

**Scoring:**

Score each serve by the numerical value of the area in which it first lands. Shuttlecocks which land on a line will score the higher value. Serves which fail to go between the rope and the net; which are out of bounds of the right service court for doubles, and which are not executed legally, will score zero. The final score is the total of the values made on 20 serves.
BOWLING CRITICAL ELEMENTS

1. Ball Fit
   - □ Pitch - Palm or pencil width away from ball
   - □ Span - Fingers inserted to 2\textsuperscript{nd} knuckle (middle and ring fingers)
   - □ Thumbhole - Spin completely around
   - □ Weight - Heaviest ball you can handle

2. Grip
   - □ Ball is gripped in the handshake position

3. Stance
   - □ Ball is held at waist height

4. Coordination of ball with steps of approach
   - • Right Handed Bowler
     - □ R – Push away the ball
     - □ L – Downswing the ball
     - □ R – Backswing the ball
     - □ L – Release and follow through
   
   - • Left Handed Bowler
     - □ L – Push away the ball
     - □ R – Downswing the ball
     - □ L – Backswing the ball
     - □ R – Release and follow through

5. Ball released over the foul line

6. Rolls between 2 and 3 arrow on dominant side

7. Follow through past the ear on your dominant side
GOLF SKILLS TEST:

7 Iron Test

Test Description:

The player taking the test stands at a hitting mat, 30 feet from the grid. Each player is allowed 10 swings with the 7 iron. In order to score the values designated, the ball must enter on a fly or roll into the grid. A ball completely missing the grid will be scored a “0”. A swing and a miss is not considered an attempt.

Scoring:

Each ball that is hit is given the value where it lands on a fly. If the ball is topped, the ball is given one point less than where it enters. A ball completely missing the grid is given a “0”.

![Diagram of hitting mat and grid with distances in feet]
## SWING RUBRIC

<table>
<thead>
<tr>
<th></th>
<th>Addressing Ball</th>
<th>Backswing</th>
<th>Swing – Contact</th>
<th>Follow Through</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>• Knees bent slightly • Back flat • Head down • Arms straight • Shoulders relaxed • Ball near center line of body off inside of front heel</td>
<td>• Knees bent • Back flat • Head down • Front knee collapses • Front arm straight • Back arm bent at elbow</td>
<td>• Knees bent • Back flat • Head down • As club falls, arms straighten • Upper body and lower body work at the same speed • Clean contact with the ball about ¾ of the time</td>
<td>• Knees bent slightly • Back flat • Head up toward target • Weight over front foot • Rear toe on the ground in a “trail” position • Hips pointed at the target</td>
</tr>
<tr>
<td>3</td>
<td>• Knees bent slightly • Back flat • Head down • Arms slightly flexed • Shoulders tight • Ball somewhere between the feet</td>
<td>• Knees bent • Back flat • Head down • Front knee collapses • Front arm bent • Back arm bent at elbow • Hips turn only slightly away from the target</td>
<td>• Knees bent • Back flat • Head down • As club falls, arms still bent • Upper body and lower body working at slightly different speeds • Good contact is made with ball about ½ the time</td>
<td>• Knees bent slightly • Back flat • Head up toward target • Weight over front foot • Rear toe off the ground • Arms past the front shoulder • Hips pointed near the line of the target</td>
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<tr>
<td>2</td>
<td>• Knees bent slightly • Back rounded • Head down • Arms slightly flexed • Shoulders tight • Ball somewhere between the feet</td>
<td>• Knees bent • Back rounded • Head follows club back • Front knee straight • Front arm bent • Back arm bent at elbow • Hips do not turn at all, mostly arms used to swing</td>
<td>• Knees bent • Back rounded • Head follows club, not looking at the ball at contact • Upper body and lower body working at very different speeds • Good contact is made with ball about 1/5 of the time</td>
<td>• Knees bent • Back rounded • Head has been looking at target for a while • Weight still in the middle of body • Rear toe does not move • Arms stay near center of body • Hips not pointed at the target</td>
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<tr>
<td></td>
<td>Knees straight</td>
<td>Back rounded</td>
<td>Head up</td>
<td>Arms slightly flexed</td>
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<tr>
<td>1</td>
<td>Knees straight</td>
<td>Back rounded</td>
<td>Head up</td>
<td>Front knee straight</td>
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<tr>
<td></td>
<td>Hip do not turn at all, mostly arms used to swing</td>
<td>Legs look like they are in cement, upper body going crazy</td>
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<tr>
<td></td>
<td>Knees straight</td>
<td>Back rounded</td>
<td>Head follows club, not looking at ball at contact</td>
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<tr>
<td></td>
<td>Upper body and lower body working at very different speeds</td>
<td>Good contact is rarely made with the ball</td>
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<tr>
<td></td>
<td>Knees straight</td>
<td>Back rounded</td>
<td>Head has been looking at target for a while</td>
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<td></td>
<td>Weight still in the middle of body</td>
<td>Rear toe does not move</td>
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<td></td>
<td>Arms stay near cent of body</td>
<td>Hips do not move</td>
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RACQUETBALL CRITICAL ELEMENTS

“V” Serve:
- Stand deep in service zone (knees slightly bent)
- Drop ball cut to the dominant side
- Take a full stride into the ball
- Keep head down with eyes focused on the ball
- Contact ball low with a full forehand stroke
- Ball should land just past service line or back in corner
- Move to the center of the court

“Z” Serve:
- Stand on one side of the service zone (contact ball low and flat)
- “Z” serve hits front wall first – then side wall
- After bouncing the ball should hit second side wall
- Hit the front wall close to the side wall as possible
- Move to center court
- Ball should travel parallel to the back wall but not touch back wall
- Move to the center of the court

High Lob Serve:
- Start in the middle of service zone
- Hit the lob serve with a stiff wrist and slow deliberate stroke
- Use proper power to place ball deep in back corner
- Ball should bounce in a high arc
- Should force the opponent into an above the shoulder return
- Move to the center of the court
RACQUETBALL SKILLS SERVING TEST

Instructions:
The server must stand in the service zone either to the right or left side. Each serve must be dropped by the server and hit off the front wall first. Following this serve must follow the prescribed path. See diagrams:

V Serve
Z Serve
High Lob Serve

Servers will sever two of each serve, to the right - two of each serve, to the left and the fifth one will be their choice whether they want right or left.

Scoring:
Each ball will receive the value where it hits on the grid provided it was otherwise a legal serve. An illegal serve of any type (Fault or Out serves) will result in a score of “0”. A swing and miss is an illegal serve and will result in a score of “0”. 
**Tennis Critical Elements**

**Tennis Forehand:**

1. **Backswing Phase**
   - Eastern forehand grip
   - “V” on right side bevel
   - Racquet back pointed downward (to 5 position)
   - Pivot on dominant foot
   - Step across with non-dominant foot

2. **Forward Swing and Contact Phase**
   - Shift weight forward
   - Start racquet low
   - Contact ball at “0” position
   - Wrist firm

3. **Finish**
   - Racquet high across back
   - Ready position after shot

**Tennis Backhand:**

1. **Backswing Phase**
   - Continental grip – “V” on left side bevel
   - Racquet back pointed downward (to the 5 position)
   - Knuckles on hip
   - Pivot on non-dominant foot
   - Step across with dominant foot

2. **Forward Swing and Contact Phase**
   - Shift weight forward
   - Start racquet low
   - Contact ball at “0”

3. **Finish**
   - Racquet high across back
   - Ready position after shot
Serve:

1. Ready Phase
   - Eastern ("V" on right side bevel) or Continental Grip ("V" on left side bevel)
   - Stand sideways with non-dominant foot falling net post
   - Ball on racquet strings in front of body- waist level

2. Execution and Contact Phase
   - Toss ball up – high enough to go over extended arm and racquet
   - Drop racquet down and take back to back scratch position
   - Shift weight forward
   - Reach high to contact ball up and out in front of shoulder of hitting arm

3. Follow through Phase
   - Flex wrist at contact
   - Continue swing down and across the body to the opposite hip
   - Step forward into the court after contact
BROER- MILLER FOREHAND – BACKHAND DRIVE TEST

Test Description:

The player taking the test stands behind the baseline, bounces the ball to herself, hits the ball and attempts to place it in the back 9 feet of the opposite court. Each player is allowed fourteen trials on the forehand and fourteen trials on the backhand. In order to score the values designated, balls must go between the top of the net and the rope. Balls which go over the rope score one-half the value of that area in which they land. If the player misses the ball in attempting to strike it, it is considered a trial. Let balls are taken over.

Scoring:

Each ball hit between the net and rope is scored 2 – 4 – 6 – 8 – 6 – 4 - 2, depending upon the area in which it lands. Each ball going over the rope is scored one-half the value of the area in which it lands. The total score equals the sum of fourteen balls on the forehand and fourteen balls on the backhand.
**Instructions:**

“Stand behind the restraining line holding your racket and two balls. On the signal, ‘Ready, Go!’ bounce a ball and drive it against the wall. Continue to rally the ball for 30 seconds getting as many hits as possible. Get additional balls from the racket face if the two you have go out of control. To score you must be standing behind this line when you stroke the ball and it must hit above the 3-foot line. It is permissible to go ahead of the line to keep the rally going but balls hit from this area do not score. You may hit the ball on the volley or after any number of bounces. Your score will be the total number of hits you make in three 30-second trials.”

**Scoring:**

Three 30-second trials are given. The score is the total hits for all 3 trials. A legal hit must land above the 3-foot line on the wall and must be contacted from behind the 27½-foot restraining line.