

This content is also available in French. The *Charter of the French language*, its regulations and the [ministerial directive](#) govern the [consultation of English-language content](#).

# DEFINITION OF THE EVALUATION DOMAIN

Adult General Education

---

Social Participation

PHYSICAL CONDITION

SPC-Z109-3

December 2025

**Coordination and content**

Direction de la formation générale des adultes  
Direction générale de la formation générale des jeunes et des adultes  
Secteur de la pédagogie et des services à l'enseignement

**Title of original document**

*Forme physique, Définition du domaine d'évaluation*

**English version**

Services linguistiques en anglais  
Direction du soutien au réseau éducatif anglophone

**General information**

Ministère de l'Éducation  
1035, rue De La Chevrotière, 27<sup>e</sup> étage  
Québec (Québec) G1R 5A5  
Telephone: 418-643-7095  
Toll-free: 1-866-747-6626

© Gouvernement du Québec, 2026  
Ministère de l'Éducation

ISBN 978-2-555-02644-5 (PDF)  
ISBN 978-2-550-93320-5 (French PDF)

# Table of Contents

<b>Introduction .....</b>	<b>1</b>
<b>Evaluation Content.....</b>	<b>2</b>
<b>Explanation of the Evaluation Content .....</b>	<b>3</b>
Evaluation Criteria .....	3
Proficiency in Subject-Specific Knowledge .....	3
Weighting .....	3
Knowledge.....	4
<b>Specifications for the Evaluation Instruments .....</b>	<b>5</b>
Examination: Number of Parts, Sections, Procedure and Duration .....	5
Examination Content .....	5
Information-Gathering Tools .....	5
Authorized Materials.....	5
Assessment Tools .....	6
Pass Mark .....	6
Retakes .....	6
<b>APPENDIX – CRITERION-REFERENCED RUBRIC.....</b>	<b>7</b>
Criterion-Referenced Rubric .....	9



## Introduction

The Definition of the Evaluation Domain (DED) ensures consistency between a course and the related evaluation instruments. The DED is used to select, organize and describe the essential and representative elements of a course. The DED is based on the program of study and the course, but should by no means replace them in the planning of instructional activities.

All the DEDs produced after June 30, 2014, by the Ministère de l'Éducation (MEQ) are prescriptive. Consequently, they are the reference documents to be used in the development of all examinations, be they ministerial examinations or those developed by adult education centres or by Société GRICS (BIM). The DEDs thus serve as a model for preparing multiple equivalent versions of examinations that are valid across the province.<sup>1</sup>

Since the development of evaluation instruments for this course is the responsibility of authorized educational institutions, the prototype examination provided by the Ministère may be used as is, be modified or be used as an example for the development of new versions.

Any new version of the examination or modifications of the prototype examination must bear the logo of the institution that developed it.

At no time may the ministerial and prototype examinations produced by the Ministère be used as evaluation to support learning or as classroom practice exercises.

Furthermore, as set out in the Policy on the Evaluation of Learning, adult learners must know what they will be evaluated on and what is expected of them.<sup>2</sup> The DEDs and the criterion-referenced rubrics are recommended for this purpose.

---

<sup>1</sup> Québec, Ministère de l'Éducation du Québec, *Policy on the Evaluation of Learning* (Québec: Gouvernement du Québec, 2003), 47.

<sup>2</sup> Ibid., 9.

## Evaluation Content

<b>General Information</b>	
<p><b>Broad Area of Learning</b></p> <ul style="list-style-type: none"> <li>• Health and Well-Being</li> </ul> <p><b>Subject Area</b></p> <ul style="list-style-type: none"> <li>• Personal Development</li> </ul> <p><b>Class of Situations</b></p> <ul style="list-style-type: none"> <li>• Improving one's physical condition</li> </ul>	<p><b>Program of Study</b></p> <ul style="list-style-type: none"> <li>• Social Participation</li> </ul> <p><b>Course</b></p> <ul style="list-style-type: none"> <li>• Physical Condition</li> </ul>
<b>Essential Elements Targeted by the Evaluation</b>	
<p><b>Deals competently with real-life situations that involve improving their physical condition</b></p>	<p><b>Categories of Knowledge</b></p> <ul style="list-style-type: none"> <li>• Regular physical activity</li> <li>• Assessment of own physical condition</li> <li>• Choices of physical activity</li> <li>• Fields of physical activities</li> <li>• Safety</li> </ul>
<b>Evaluation Criteria</b>	
<p><b>Evaluation Criteria for the Competency</b></p> <ol style="list-style-type: none"> <li>1. Recognizes the health benefits of physical activity</li> <li>2. Appropriately integrates physical activity into their daily life</li> </ol>	<p><b>Proficiency in Subject-Specific Knowledge</b></p> <p>Proficiency in subject-specific knowledge presupposes its acquisition, understanding, application and mobilization, and is therefore linked with the evaluation criteria for the competency.</p>

## Explanation of the Evaluation Content

### Evaluation Criteria

The evaluation criteria are stated exactly as in the course.

#### Information Clarifying the Evaluation Criteria

Evaluation criterion 1, *Recognizes the health benefits of physical activity*, evaluates the adult learner's ability to:

- identify the health benefits of regular physical activity

Evaluation criterion 2, *Appropriately integrates physical activity into their daily life*, evaluates the adult learner's ability to:

- carry out physical activities that meet their needs and justify their choices

### Proficiency in Subject-Specific Knowledge

Proficiency in subject-specific knowledge is assessed through the evaluation of the competency, using tasks related to the evaluation criteria.

### Weighting

The weighting assigned to the competency is 100%.

The two evaluation criteria are of equal importance since, as stated in the assessment tools provided in the *Marking Guide*, the adult learner must meet all of the criteria to pass the course.

Adult learners must be made aware of the criteria used to evaluate them and the importance given to each criterion.

## Knowledge

The knowledge prescribed for this course is presented below.

The examination must cover at least half of the knowledge to be acquired and the five categories of knowledge.

Categories of Knowledge	Essential Knowledge
<b>Regular physical activity</b>	<ul style="list-style-type: none"> <li>• Physiological benefits</li> <li>• Psychological benefits</li> <li>• Myths and misconceptions</li> <li>• Risks of inactivity</li> </ul>
<b>Assessment of own physical condition</b>	<ul style="list-style-type: none"> <li>• State of health</li> <li>• Physical condition</li> <li>• Personal habits</li> </ul>
<b>Choices of physical activity</b>	<ul style="list-style-type: none"> <li>• Selection criteria</li> <li>• Sources of motivation</li> <li>• Incentives</li> </ul>
<b>Fields of physical activities</b>	<ul style="list-style-type: none"> <li>• Endurance exercises</li> <li>• Muscle-strengthening exercises</li> <li>• Flexibility and balance exercises</li> <li>• Sports</li> <li>• Everyday activities</li> </ul>
<b>Safety</b>	<ul style="list-style-type: none"> <li>• Basic safety rules</li> <li>• Clothing</li> </ul>

## Specifications for the Evaluation Instruments

### Examination: Number of Parts, Sections, Procedure and Duration

The examination may be administered in one or two parts, at a time deemed appropriate by the teacher.

The teacher determines the duration of the examination, according to the instrument(s) used. In total, no more than two hours may be allotted for the evaluation of this course. The adult learner must be informed of the duration of the examination, or of part of the examination, ahead of time.

### Examination Content

The examination as a whole must allow the teacher to assess the two evaluation criteria.

The examination, or part of the examination, may be completed in writing, orally, or in action. It may take the form of:

- a questionnaire
- a case study
- an interview
- a role-playing activity
- a simulation
- an oral presentation
- an observation period to see the adult learner in action
- the presentation of a production, for example, a research paper, a logbook, a portfolio

In all cases, the teacher must make a judgment at the end of the course. This judgment must be supported by the teacher's observations of the adult learner's actions during the course.

The teacher must recognize the adult learner's production(s) as authentic.

### Information-Gathering Tools

The information-gathering tools are selected by the teacher according to the type of examination administered.

### Authorized Materials

The teacher will prepare a list of permitted materials for the examination and, if necessary, will specify which materials are required.

### **Assessment Tools**

The Criterion-Referenced Rubric is the tool to be used by the teacher to make an assessment on the adult learner's level of competency in dealing with real-life situations that involve improving their physical condition. Criterion-referenced interpretation involves comparing the information gathered with the outcomes expected of the adult learner.<sup>3</sup> The rubric is prescribed and includes the following rating scale:

Competency development:

- Advanced
- Thorough
- Acceptable
- Partial
- Minimal

### **Pass Mark**

The pass mark is 60% for each of the evaluation criteria, which corresponds to the level "Acceptable competency development" in the Criterion-Referenced Rubric. The result for the competency must be expressed as a "Pass" or "Fail."

### **Retakes**

Adult learners may retake the part of the examination related to the criteria for which they did not receive a pass mark.

---

<sup>3</sup> Ibid., 28-29.

## **APPENDIX – CRITERION-REFERENCED RUBRIC**



Adult General Education  
Criterion-Referenced Rubric

<p style="text-align: center;"><b>EVALUATION</b></p> <hr/> <p style="text-align: center;">Adult learner's name</p> <hr/> <p style="text-align: center;">Teacher's name</p> <hr/> <p style="text-align: center;">Date</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Program of Study  
*Social Participation*

Course  
*Physical Condition*  
SPC-Z109-3



**Deals competently with real-life situations that involve improving their physical condition**

**Instructions:**

- For each criterion, circle the statement that corresponds to the adult learner’s performance level.
- Check “**Pass**” (**P**) in the “**Result**” column if the statement circled is equivalent to “**Acceptable competency development**” or better.
- Check “**Yes**” in the “**Final result**” section at the bottom of the table if the adult learner has obtained a “**Pass**” mark for all the criteria. Otherwise, check “**No.**”

<b>Rating scale</b> <b>Evaluation criteria</b>	<b>Advanced</b> competency development	<b>Thorough</b> competency development	<b>Acceptable</b> competency development	<b>Partial</b> competency development	<b>Minimal</b> competency development	<b>Result</b>
<b>1. Recognizes the health benefits of physical activity</b>	Identifies relevant and significant health benefits of regular physical activity.	Identifies relevant health benefits of regular physical activity.	Identifies health benefits of regular physical activity in a satisfactory manner.	Has difficulty identifying health benefits of regular physical activity.	Has great difficulty identifying health benefits of regular physical activity.	<input type="checkbox"/> <b>P</b>
<b>2. Appropriately integrates physical activity into their daily life</b>	Carries out very relevant physical activities and justifies their choices.	Carries out relevant physical activities and justifies their choices.	Carries out appropriate physical activities.	Has difficulty carrying out physical activities.	Has great difficulty carrying out physical activities.	<input type="checkbox"/> <b>P</b>
<b>Final result</b>	<b>Competency successfully developed:</b>					<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>

