

HEALTH AND PHYSICAL EDUCATION TEST FRAMEWORK WORKSHEET

Notes:

		Selected-response questions (approx.)	Constructed-response assignments				
Test I (Test Code 115)	PERSONAL HEALTH AND DEVELOPMENT		22	0			
	0001	Understand human growth and development.					
	0002	Understand the structures and functions of the major body systems and the relationship of personal health to body systems and their functioning.					
	0003	Understand nutritional requirements and the impact of nutrition on personal health.					
	0004	Understand principles of and techniques for personal care and safety.					
	DISEASE AND HEALTH-RISK PREVENTION		22	1			
	0005	Understand types of disease and the role of disease prevention and control in maintaining health.					
	0006	Understand the role of prevention of tobacco, alcohol, and drug use in the promotion of personal health.					
	0007	Understand the importance of violence prevention and conflict resolution in the promotion of personal health.					
	0008	Understand the role of critical thinking and decision-making skills in reducing risks to personal and community health.					
	FAMILY AND SOCIAL RELATIONSHIPS		16	1			
	0009	Understand interpersonal relationships.					
	0010	Understand family relationships and their impact on the well-being of individuals and society.					
0011	Understand community relationships, community health issues, and community health-care resources.						
Test II (Test Code 116)	MOTOR LEARNING, MOTOR DEVELOPMENT, AND MOVEMENT		20	0			
	0012	Understand principles of motor development and motor learning.					
	0013	Understand movement concepts and their role in improving motor skills.					
	0014	Understand principles and activities for developing locomotor, nonlocomotor, manipulative, and rhythmic movement skills.					
	0015	Understand the role of movement activities in the development of self-management skills and positive personal and social behaviors.					
	HEALTH-RELATED FITNESS		20	1			
	0016	Understand exercise physiology, principles of fitness training, and the role of physical fitness in the promotion of personal health.					
	0017	Understand principles, techniques, and activities for developing and maintaining healthy levels of cardiovascular fitness.					
	0018	Understand principles, techniques, and activities for developing and maintaining flexibility and muscular strength and endurance.					
	0019	Understand assessment of health-related fitness and principles and procedures for developing personal fitness plans based on assessment results.					
	SPORTS AND LIFETIME ACTIVITIES		20	1			
	0020	Understand techniques, skills, rules, strategies, etiquette, equipment, and safety practices for individual, dual, and lifetime sports and activities (e.g., badminton, bowling, golf, tumbling, tennis, track and field).					
	0021	Understand techniques, skills, rules, strategies, etiquette, equipment, and safety practices for team sports and activities (e.g., basketball, flag football, soccer, softball, team handball, volleyball).					
0022	Understand techniques, skills, rules, strategies, etiquette, equipment, and safety practices for outdoor activities (e.g., camping, orienteering, ropes courses, group-initiated activities).						
0023	Understand techniques, skills, rules, strategies, etiquette, and safety practices for creative movement and dance (e.g., folk, social, square, line, modern, aerobic).						