

Praxis II Test:	Health & Physical Education Content Knowledge	Praxis No:	20856
ETS Link:	http://www.ets.org/Media/Tests/PRAXIS/pdf/0856.pdf	NJ Score:	151

Praxis Content	Topics Covered	SPA
<i>Personal Health Care</i>	Nutrition: dietary goals and guidelines, the food pyramid, nutrients, metabolism, calories, fad diets, and the relationship between diet and exercise	II C-D III C-D IV A VI B-D VII A-C
	Mental and emotional health: self-concept/self-esteem, personality development, defense mechanisms	SAA Same as Above
	Consumer health: quackery, advertising, importance of regular checkups, personal responsibility for healthy behavior, and health “myths”	SAA
	Drug use and abuse: alcohol, tobacco, over-the-counter drugs, prescription drugs, illegal substances, “non-drug drugs” such as caffeine, causes for the use and abuse of substances, alternate coping skills, physical and psychological effects, treatment and recovery	SAA
	Safety and injury prevention: general and specific safety considerations for all movement activities; fitness-related safety considerations, such as warm-up/cool down, harmful exercise techniques, and environmental conditions; health-related fitness appraisals; personal goal-setting and assessment, such as Physical Best, President’s Challenge, and Fitness gram; handling accidents and illnesses: personal safety, the safety risks, first aid techniques such as CPR and the Heimlich maneuver, water safety certification; legal aspects of equipment and class organization	4.4 SAA
	Methods, strategies, and resources for evaluating students’ health behaviors and effecting appropriate changes and meeting a pluralistic society’s needs for health education relative to differing socioeconomic, cultural, and ethnic backgrounds	I A-C II C, D III B-D IV A-D VI B-D VII A-D
<i>Family Living and Sex Education</i>	Reproductive anatomy and physiology: growth and development of the male and female reproductive systems, family planning, pregnancy and childbirth	II C-D III C-D IV A VI B-D VII A-C
	Psychosocial development: family structure relationships, peer relationships, values and decision-making, understanding of bodily changes, and personal growth and development	SAA
	Dating and marriage: readiness, responsibility, communication, and assertiveness	SAA
	Parenting: responsibilities, child-rearing practices, and communication	SAA
	Family and societal problems: conflict resolution, domestic violence, rape, incest, teen pregnancy, and divorce	SAA
	Gerontology: relation of lifestyle to health maintenance, services for older citizens, dealing with pain and infirmity	SAA
	Death and dying: acceptance, dealing with grief, services and facilities ill, and plan for death	SAA

<i>Community Health/Diseases and Disorders</i>	Environmental issues: population, resources, pollution, and urban-rural considerations	SAA
	Health agencies: public and private agencies, services provided, cost considerations, and healthcare delivery systems	SAA
	Health careers: types of occupational positions, educational requirements prior to training, and formal training required	SAA
	Communicable diseases: infectious diseases, including sexually transmitted diseases (STDs)	SAA
	Chronic diseases: cardiovascular and neurological diseases, cancer, diabetes, and other major illnesses	SAA
	Genetic: Tay-Sachs, sickle cell anemia, cystic fibrosis, Down syndrome	SAA
	Mental and emotional illness: depression, anxiety disorders, schizophrenia, and suicide	SAA
	Causes, prevention, control, treatment, and counseling for communicable diseases; chronic diseases; genetic disorders; and mental illness, particularly related to teenage depression and suicide	SAA
<i>Fundamental Movements, Motor Development, and Motor Learning</i>	Fundamental movements: locomotor, nonlocomotor, manipulative, and falling/landing movement skills; movement concepts such as body, space, effort, and relationship	1.1, 1.2
	Growth and motor development: role of perception in motor development, such as in spatial movement relationships; neurophysiology of motor control; effects of maturation and experience on motor patterns; biological and environmental influences on gender differences in motor performances	1.4, 2.1, 2.2
	Motor learning: classical and current theories of motor learning; variables that affect learning and performance; effects of individual differences on learning and performance	1.3, 1.5, 2.2, 4.4
<i>Movement Forms</i>	Dance and rhythmic activities: dance forms, such as folk, square, and aerobic dancing; skill analysis of dance movements	1.1, 1.2, 1.4
	Gymnastics: stunts and tumbling, use of gymnastic apparatus, movement themes in educational gymnastics	1.1, 1.2, 1.4
	Games: game forms, including invasion games; cooperative and competitive games; analysis of skills, rules, and strategies of particular games	1.1, 1.2, 1.4
	Individual/dual/team sports: analysis of skills, injury prevention and safety, rules and strategies, facilities and equipment, lifetime activities and recreational pursuits, adventure and outdoor pursuits, and the martial arts; emphasis is on basketball, soccer, softball, tennis, track and field, and volleyball	1.1-1.4 4.4, 7.2
<i>Fitness and Exercise Science</i>	Components: cardio respiratory and muscular endurance, body composition, flexibility	1.3, 1.4
	Conditioning practices and principles: frequency, intensity, time/duration, the role of exercise	1.3, 1.4
	Human biology: anatomy and physiology, including identification of major muscles, bones, and systems of the human body and their functions; exercise physiology, including terminology, components of fitness, principles of exercise, roles of body systems in exercise, short- and long-term effects of physical training, relationship between nutrition and fitness	1.4, 2.2
	Biomechanics: terminology: mass, force, friction; basic principles of movement: summation of forces, center of gravity, force/speed relations, torque; application of basic principles to sports skills; methods of analyzing movement; analysis of basic movement patterns: overhand throw, underhand throw, kick	1.1, 1.4, 7.2