



Notes:

		Test Proportion				
<b>SUBAREA I—MOTOR DEVELOPMENT AND MOVEMENT CONCEPTS AND FORMS</b>		<b>30</b>				
0001	Understand principles and characteristics of motor development and motor learning.					
0002	Understand movement concepts and critical elements of motor skills and movement tasks.					
0003	Understand principles of biomechanics and their applications to movement activities.					
0004	Understand techniques, skills, activities, principles, and safety practices for rhythmic movement, tumbling and gymnastics, and creative movement and dance.					
0005	Understand techniques, skills, activities, principles, and safety practices for individual, dual, and team sports and games.					
0006	Understand techniques, skills, activities, principles, and safety practices for aquatics, recreational activities, and outdoor pursuits.					
<b>SUBAREA II—THE FOUNDATIONS OF A PHYSICALLY FIT LIFESTYLE</b>		<b>30</b>				
0007	Understand scientific concepts and principles of anatomy and physiology.					
0008	Understand types and principles of physical fitness training and procedures for helping students develop lifelong fitness habits.					
0009	Understand principles and activities for promoting health-related cardiorespiratory fitness.					
0010	Understand principles and activities for promoting health-related muscular strength and endurance.					
0011	Understand principles and activities for promoting health-related flexibility.					
0012	Understand principles and activities for developing and maintaining levels of body composition that promote good health.					
<b>SUBAREA III—THE COGNITIVE, PERSONAL, AND SOCIAL DIMENSIONS OF PHYSICAL ACTIVITY</b>		<b>15</b>				
0013	Understand how individuals learn and develop and how to provide opportunities that support their physical, psychomotor, cognitive, and affective growth and development.					
0014	Understand the relationship between physical activity and the development of responsible personal and social behaviors and traits.					
0015	Understand the relationship between physical education and the development of respect for differences among individuals.					



Notes:

		Test Proportion				
<b>SUBAREA IV—THE PHYSICAL EDUCATION PROGRAM</b>		<b>25</b>				
0016	Understand the organization, goals, philosophies, and purposes of physical education programs.					
0017	Understand principles of management, motivation, and communication in the physical education learning environment.					
0018	Understand planning and instruction in physical education, including modifications and adaptations for students with special and diverse learning needs.					
0019	Understand physical education assessment strategies and techniques.					
0020	Understand legal, ethical, and professional issues in the field of physical education.					