



## PHYSICAL EDUCATION

### Test Framework

	<b>Content Domain</b>	<b>Range of Competencies</b>	<b>Approximate Percentage of Test Score</b>
<b>I.</b>	Growth and Motor Development	0001–0003	25%
<b>II.</b>	Movement Activities	0004–0006	25%
<b>III.</b>	Lifelong Physical Fitness	0007–0009	25%
<b>IV.</b>	The Physical Education Program	0010–0012	25%

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## I. GROWTH AND MOTOR DEVELOPMENT

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### **0001 Understand stages and characteristics of human growth and development.**

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- ▶ Demonstrate knowledge of stages and characteristics of physical, cognitive, social, and emotional development during infancy, childhood, adolescence, and adulthood.
- ▶ Recognize factors that influence physical, cognitive, social, and emotional growth and development.
- ▶ Analyze significant developmental and gender-specific issues during childhood and adolescence.
- ▶ Analyze the influence of peers, family, media, society, and culture on personal growth and development and health and fitness practices.
- ▶ Demonstrate knowledge of major physical development milestones and changes and their impact on motor development and a physically active lifestyle.
- ▶ Analyze how physical activity patterns are likely to change throughout the life span, implications of these changes, and strategies to address these changes.
- ▶ Demonstrate knowledge of components of wellness and principles and techniques for maintaining wellness throughout the life span.

### **0002 Understand concepts and principles of anatomy and physiology as they relate to movement and physical fitness.**

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- ▶ Demonstrate knowledge of the general organization and components of the skeletal, muscular, circulatory, respiratory, nervous, and digestive systems.
- ▶ Distinguish between functions, actions, and physiological processes of the major body systems.
- ▶ Recognize the interactions between body systems in producing movement and ways in which energy systems are utilized during physical activity.
- ▶ Identify physiological changes and adaptations that result from regular physical activity.
- ▶ Analyze factors that affect physical fitness and performance and strategies for addressing these factors.
- ▶ Recognize potential health risks associated with inactivity and low levels of physical fitness and the relationship between physical activity and the prevention of illness and disease.

**0003 Understand principles, sequences, and characteristics of motor development and motor learning.**

- ▶ Recognize typical sequences and characteristics of motor development during infancy, childhood, adolescence, and adulthood.
- ▶ Demonstrate knowledge of components of perceptual-motor development (e.g., visual, auditory, tactile, and kinesthetic discrimination) and how they relate to motor skill acquisition and performance.
- ▶ Apply knowledge of theories, concepts, and typical progressions of motor learning.
- ▶ Analyze factors that influence motor development, motor learning, and motor control.
- ▶ Recognize motor learning principles related to readiness, practice, retention, observational learning, feedback, transfer, and motor-task analysis as they relate to skill acquisition and performance.
- ▶ Recognize principles and techniques for modifying activities, sports, and games to promote motor learning and control and the use and integration of particular motor behaviors, patterns, and skills.

## II. MOVEMENT ACTIVITIES

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### **0004 Understand fundamental movement concepts and skills and principles of biomechanics.**

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- ▶ Demonstrate knowledge of how to promote understanding of fundamental movement concepts related to body awareness, spatial awareness, force, direction, time, level, pathway, energy, and speed.
- ▶ Recognize biomechanical principles related to motion, stability and balance, center of gravity, force production and absorption, buoyancy, rotation, torque, speed, accuracy, acceleration, equilibrium, and velocity.
- ▶ Apply knowledge of biomechanical principles in the context of various movement activities and individual body mechanics for safe and efficient movement.
- ▶ Identify characteristics and critical elements of locomotor skills.
- ▶ Identify characteristics and critical elements of nonlocomotor skills.
- ▶ Identify characteristics and critical elements of object control/manipulative skills.
- ▶ Demonstrate knowledge of principles and activities for developing locomotor, nonlocomotor, and object control/manipulative skills and for using these skills in combination.

### **0005 Understand principles, techniques, skills, activities, organizational strategies, and safety practices for sports and recreational activities.**

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- ▶ Demonstrate knowledge of rules, activities, skills, strategies, etiquette, types and uses of equipment, organizational strategies, and safety practices for sports and recreational activities.
- ▶ Identify critical elements, techniques, and proper form for executing a variety of movements in fundamental and complex sports skills.
- ▶ Distinguish between sports and recreational activities appropriate for various purposes and developmental levels.
- ▶ Identify strategies for helping individuals overcome barriers to participation in sports and recreational activities and for modifying activities to promote maximum participation and inclusion.
- ▶ Recognize the benefits of lifelong participation in sports and recreational activities.

**0006 Understand principles, techniques, skills, activities, organizational strategies, and safety practices for rhythmic movement and dance; stunts, tumbling, and educational gymnastics; and cooperative, group, and adventure activities.**

- ▶ Recognize elements of rhythm; types of rhythmic movement activities; and skills and strategies for integrating locomotor patterns, nonlocomotor skills, and transitions into rhythmic movement.
- ▶ Recognize principles, techniques, elements, sequences, activities, organizational strategies, safety practices, and types of music for promoting development of creative movement and dance skills.
- ▶ Demonstrate knowledge of principles, techniques, skills, activities, organizational strategies, safety practices, and equipment for promoting development of stunts, tumbling, and educational gymnastics skills.
- ▶ Apply knowledge of rules, techniques, skills, activities, types and uses of equipment, safety practices, and organizational strategies for cooperative games and group challenges.
- ▶ Demonstrate knowledge of principles, techniques, skills, activities, organizational strategies, safety practices, and equipment for adventure activities.
- ▶ Recognize the benefits of participation in rhythmic and dance activities; stunts, tumbling, and educational gymnastics; and cooperative, group, and adventure activities.
- ▶ Identify strategies for helping individuals overcome barriers to participation in dance; educational gymnastics; and cooperative, group, and adventure activities and for modifying activities to promote maximum participation and inclusion.

### III. LIFELONG PHYSICAL FITNESS

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**0007 Understand principles and components of health-related physical fitness, including activities for promoting cardiorespiratory endurance, flexibility, muscular strength and endurance, and body composition.**

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- ▶ Demonstrate knowledge of the major health-related components of physical fitness and types of physical fitness training used to address each component.
- ▶ Apply developmentally appropriate knowledge of conditioning and training principles and ways in which they are used and adjusted to improve physical fitness.
- ▶ Recognize principles, skills, techniques, activities, safety practices, and resources for developing, monitoring, and assessing cardiorespiratory endurance.
- ▶ Recognize principles, skills, techniques, activities, and safety practices for developing and improving flexibility of the major joints and areas of the body.
- ▶ Recognize principles, skills, techniques, activities, and safety practices for developing and improving strength and endurance of the major muscle groups of the body.
- ▶ Recognize principles, skills, techniques, activities, and safety practices for developing and improving body composition.
- ▶ Distinguish between types of endurance, flexibility, and strengthening activities and developmentally appropriate equipment, practices, and considerations for these activities.
- ▶ Analyze the safety and effectiveness of various types of fitness exercises.

**0008 Understand principles, procedures, and resources for developing and maintaining physical activity/fitness and weight management plans.**

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- ▶ Identify principles, criteria, and methods for designing and implementing individualized fitness plans (e.g., evaluating the need for lifestyle changes, including activities to address major fitness components).
- ▶ Apply knowledge of physical fitness tests and techniques for using fitness assessment results to determine health-related needs and goals.
- ▶ Demonstrate knowledge of techniques for establishing personal fitness, physical activity, and nutritional goals and monitoring progress toward these goals.
- ▶ Analyze the relationships between diet, physical activity, health, and body composition.
- ▶ Recognize sound weight management principles and practices and strategies for integrating them into daily life.
- ▶ Apply knowledge of principles and procedures for analyzing time, cost, accessibility, and resources in relation to participation in physical fitness activities and personal fitness or weight management plans.
- ▶ Recognize strategies for integrating fitness activities into daily life and the benefits of a physically active lifestyle (e.g., reduced stress, enjoyment, challenge, social interaction, reduced health care costs).

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**0009 Understand the relationship between physical activity and the development of responsible personal and social behaviors and traits.**

- ▶ Analyze the relationship between physical activity and the development of positive self-concept, mental and emotional well-being, and enhanced self-management skills.
- ▶ Recognize how sports, games, and fitness activities should promote positive personal behaviors and traits (e.g., civility, self-control, responsibility, confidence, honesty, appropriate attitudes about winning and losing).
- ▶ Analyze ways in which sports, games, and fitness activities should promote positive social behaviors and traits (e.g., leadership, teamwork, cooperation, fairness, support and consideration of others).
- ▶ Recognize the roles of sports, games, and fitness activities in promoting respect, acceptance, and inclusion of peers and in developing understanding and appreciation of diversity.
- ▶ Demonstrate knowledge of the sociocultural benefits of participation in physical activities (e.g., advantages of diverse talent to team membership, awareness of how various cultures view and value physical activity).
- ▶ Identify ways in which physical activities offer opportunities for personal challenge, satisfaction, competition, achievement, positive social interactions, and healthy alternatives to risky behaviors.

## IV. THE PHYSICAL EDUCATION PROGRAM

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### **0010 Understand how children and adolescents learn and how to provide them with physical education opportunities that support their physical, cognitive, social, and emotional development.**

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- ▶ Recognize key concepts, issues, trends, goals, and purposes associated with student-centered physical education programs.
- ▶ Demonstrate knowledge of age-appropriate and developmentally appropriate activities and instructional strategies that support students' physical, cognitive, social, and emotional development.
- ▶ Demonstrate knowledge of the cognitive dimensions of physical activity and ways to foster critical-thinking, decision-making, problem-solving, and analytical skills in the context of physical activities.
- ▶ Demonstrate knowledge of social and emotional influences on student learning in the physical education setting.
- ▶ Apply knowledge of effective communication techniques that demonstrate sensitivity to student differences, encourage student communication, and foster engagement in the physical education environment.
- ▶ Recognize ways in which students differ in their approaches to learning and appropriate physical education strategies and resources that address diverse learning styles.
- ▶ Identify general principles and teaching strategies for managing and motivating students in physical education settings (e.g., supervision, active learning, discipline practices, effective transitions, feedback).

### **0011 Understand how to plan, implement, and evaluate physical education instructional activities, including how to adapt activities for diverse learning needs.**

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- ▶ Demonstrate knowledge of how to design and implement physical education activities that are based on principles of effective instruction and governing standards.
- ▶ Analyze activities, lesson plans, instructional resources, and curriculum materials in terms of developmental appropriateness, comprehensiveness, usefulness, and safety.
- ▶ Recognize appropriate activities for students with special needs and for students from diverse cultural or linguistic backgrounds; and techniques for modifying rules, equipment, and settings to accommodate all students.
- ▶ Apply knowledge of strategies and techniques for adapting and modifying physical education approaches, activities, and organizational strategies to ensure individual student progress, motivation, and safety.
- ▶ Demonstrate knowledge of types and characteristics of physical education assessment methods and how to interpret, use, and communicate assessment information to foster students' development and learning.



**0012 Understand ethical, legal, professional, and safety guidelines and practices related to physical education.**

- ▶ Demonstrate familiarity with professional codes of conduct, ethical standards, and legal requirements and responsibilities associated with physical education.
- ▶ Demonstrate knowledge of state and federal laws and guidelines related to special education, equity, inclusion, privacy, and other aspects of students' rights in relation to physical activity.
- ▶ Apply knowledge of strategies and resources for communicating and collaborating with parents/guardians, community members, school personnel, and organizations to promote, enhance, and advocate for physical education opportunities for students and self.
- ▶ Recognize appropriate principles and practices related to the selection, care, maintenance, and use of physical education equipment, facilities, materials, media, staff, and technological resources.
- ▶ Analyze principles, techniques, issues, and considerations related to establishing and maintaining a safe physical education environment.
- ▶ Recognize types and characteristics of injuries common to physical activities and principles of injury management and emergency first aid.