



# GACE® Health and Physical Education Assessment Test I (115) Curriculum Crosswalk

## Required Coursework Numbers

|   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| <b>Subarea I. Mental and Emotional Health/Professional Issues (25%)</b>             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <i>Objective 1: Understands the issues related to mental and emotional health</i>   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| A. Understands psychosocial development/emotional well-being                        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B. Knows the causes/consequences of mental/emotional health issues                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| C. Knows the consequences of risk-taking behaviors                                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| D. Understands stress management skills   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| E. Knows how to identify factors that promote positive self-concept and self-esteem |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| F. Understands factors affecting healthy and unhealthy relationships                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| G. Understands strategies for coping with changes in families                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| H. Understands the concepts of interpersonal communication                          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| I. Understands skills promoting healthy interactions                                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| J. Understands the functions of various types of interpersonal relationships        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| K. Understands group dynamics   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| L. Knows the social/cultural influences on communication                            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| M. Understands factors affecting decisions about dating  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| N. Understands the causes of conflict among youth  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| O. Knows the signs, symptoms, causes, and effects of self-destructive behavior                           |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <i>Objective 2: Understands the professional issues related to health education</i>                      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| A. Knows the opportunities available for health education advocacy                                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B. Understands how to implement curricular and extracurricular programs                                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| C. Understands the role of health educator as a liaison  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| D. Understands the factors influencing the content of health education                                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| E. Knows how to locate and use valid sources of health information                                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| F. Knows how to recognize and use effective peer leadership intervention, resistance, and refusal skills |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| G. Understands goal-setting and decision making  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| H. Understands risk factors and protective factors related to personal health and safety practices       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| I. Knows the components of a coordinated school health program   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| <b>Subarea II. Personal Health and Wellness, Sexual Health, and Nutrition (40%)</b>                          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <i>Objective 1: Understands the principles of personal health and wellness</i>                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| A. Knows the concepts of personal hygiene  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B. Understands the concepts of anatomy and physiology and body system interrelationships                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| C. Knows the patterns and stages of physical, cognitive, social, and emotional growth and development        |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| D. Understands various factors that affect physical, cognitive, social, and emotional growth and development |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| E. Knows how to describe disease etiology and prevention/treatment   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| F. Understands the difference between communicable and non-communicable diseases                             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| G. Understands the role of the body's immune system  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <i>Objective 2: Understands the issues related to sexual health</i>  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| A. Knows the anatomy/physiology of the human reproductive system   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B. Understands the decision-making process and considerations related to planning a family                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| C. Knows the stages that occur during pregnancy and childbirth   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| D. Knows the factors that influence sexual decisions   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| E. Knows the causes of HIV/AIDS   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| F. Knows the methods for preventing pregnancy, STDs, and HIV/AIDS                             |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <i>Objective 3: Understands the principles of nutrition</i>                                   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| A. Knows how to identify the functions and sources of nutrients                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B. Understands the components of My Plate and Dietary Guidelines for Americans                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| C. Knows the components of a balanced diet  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| D. Understands principles for planning nutritious meals                                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| E. Understands factors affecting food choices and eating habits                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| F. Knows dietary disorders and health issues  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| G. Knows how to evaluate diets relative to personal needs                                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>Subarea III. Safety and Injury Prevention, and Alcohol, Tobacco, and Other Drugs (35%)</b> |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <i>Objective 1: Understands the issues related to safety and injury prevention</i>            |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| A. Understands weather emergencies  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B. Knows methods for promoting self care, safe behaviors, and injury prevention               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| C. Knows appropriate ways to respond to accidents   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| D. Understands threats to personal safety  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| E. Knows the legislation, agencies, and policies that support community health   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| F. Knows the characteristics of safe and unsafe places for play, travel, and recreation                                  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| G. Understands the causes, consequences, and prevention of different types of abuse and violence                         |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| H. Understands common causes and effects of accidents  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| <i>Objective 2: Understands the issues related to the use of alcohol, tobacco, and other drugs</i>                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| A. Understands the effects of substance use and abuse  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| B. Knows the appropriate uses of medicines   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| C. Knows the classifications of alcohol, tobacco, and other drugs  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| D. Understands the factors contributing to health risks associated with the use of alcohol, tobacco, and other drugs     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| E. Knows how the use of alcohol, tobacco, and other drugs affect personal goals  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| F. Understands how adolescent and teen drug use contributes to accidents, crime, suicide, mortality, and sexual activity |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| G. Understands that alcohol, tobacco, and drug dependencies are treatable diseases                                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| H. Knows how to analyze alcohol, tobacco, and drug advertisements  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |