



GACE® Health Education Assessment Test II (114) Curriculum Crosswalk

Required Coursework Numbers

Subarea I. Personal Health, Wellness, and Nutrition (40%)																			
<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 the 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 principles of nutrition</i>																			
A. Knows how to identify the functions and sources of nutrients																			
B. Understands the components of <i>My Plate and Dietary Guidelines for Americans</i>																			
C. Knows the components of a balanced diet																			

Required Coursework Numbers

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															
Subarea II. Alcohol, Tobacco, and Other Drugs and Professional Issues (60%)															
<i>Objective 1: 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 tobacco, alcohol, and other drugs															
E. Knows how the use of alcohol, tobacco, and drugs affects 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															

Required Coursework Numbers

<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																