



Georgia Assessments for the Certification of Educators®



GACE® Study Companion

Health Education Assessment

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About the Assessment

Assessment Name	Health Education
Grade Level	P–12
Test Code	Test I: 113 Test II: 114 Combined Test I and Test II: 613
Testing Time	Test I: 2 hours Test II: 2 hours Combined Test I and Test II: 4 hours
Test Duration	Test I: 2.5 hours Test II: 2.5 hours Combined Test I and Test II: 5 hours
Test Format	Computer delivered
Number of Selected-response Questions	Test I: 100 Test II: 100 Combined Test I and Test II: 200
Question Format	The test consists of a variety of short-answer questions such as selected-response questions, where you select one answer choice or multiple answer choices (depending on what the question asks for), questions where you enter your answer in a text box, and other types of questions. You can review the possible question types in the <i>Guide to Taking a GACE Computer-delivered Test</i> .
Number of Constructed-response Questions	Test I: 0 Test II: 0 Combined Test I and Test II: 0

The GACE Health Education assessment is designed to measure the professional knowledge of prospective teachers of Health and Physical Education in the state of Georgia.

This assessment includes two tests. You may take either test individually or the full assessment in a single session. The testing time is the amount of time you will have to answer the questions on the test. Test duration includes time for tutorials and directional screens that may be included in the test. The questions in this assessment assess both basic knowledge across content areas and the ability to apply principles.

The total number of questions that are scored is typically smaller than the total number of questions on the test. Most tests that contain selected-response questions also include embedded pretest questions, which are not used in calculating your score. By including pretest questions in the assessment, ETS is able to analyze actual test-taker performance on proposed new questions and determine whether they should be included in future versions of the test.

Content Specifications

Each test in this assessment is organized into content **subareas**. Each subarea is further defined by a set of **objectives** and their **knowledge statements**.

- The objectives broadly define what an entry-level educator in this field in Georgia public schools should know and be able to do.
- The knowledge statements describe in greater detail the knowledge and skills eligible for testing.
- Some tests also include content material at the evidence level. This content serves as descriptors of what each knowledge statement encompasses.

See a breakdown of the subareas and objectives for the tests in this assessment on the following pages.

Test I Subareas

Subarea	Approx. Percentage of Test
I. Mental and Emotional Health/Sexual Health	70%
II. Safety and Injury Prevention	30%

Test I Objectives

Subarea I: Mental and Emotional Health/Sexual Health

Objective 1: Understands the issues related to mental and emotional health/sexual health

The beginning Health teacher:

- 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
- M. Understands factors that affect decisions about dating
- N. Understands the causes of conflict among youth
- O. Knows the signs, symptoms, causes, and effects of self-destructive behavior

Objective 2: Understands the issues related to sexual health

The beginning Health teacher:

- A. Knows the anatomy and physiology of the human reproductive system
- B. Understands the decision-making process and considerations related to family planning
- C. Knows the stages that occur during pregnancy and childbirth
- D. Knows the factors that influence sexual decisions

-
- E. Knows the causes of HIV and AIDS
 - F. Knows the methods for preventing pregnancy, STDs, and HIV/AIDS

Subarea II: Safety and Injury Prevention

Objective 1: Understands the principles related to self-care

The beginning Health teacher:

- A. Understands the causes and effects of weather emergencies
- B. Knows methods for promoting self care, safe behaviors, and injury prevention
- C. Knows appropriate ways to respond to accidents
- D. Understands threats to personal safety
- E. Knows the legislation, agencies, and policies that support community health

Objective 2: Understands issues related to community health

The beginning Health teacher:

- A. Knows how to promote community health
- B. Knows the characteristics of safe and unsafe places for play, travel, and recreation
- C. Understands the causes, consequences, and prevention of different types of abuse and violence
- D. Understands common causes and effects of accidents

Test II Subareas

Subarea	Approx. Percentage of Test
I. Personal Health, Wellness, and Nutrition	40%
II. Alcohol, Tobacco, and Other Drugs and Professional Issues	60%

Test II Objectives

Subarea I: Personal Health, Wellness, and Nutrition

Objective 1: Understands the principles of personal health and wellness

The beginning Health teacher:

- 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

Objective 2: Understands the principles of nutrition

The beginning Health teacher:

- 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

Subarea II: Alcohol, Tobacco, and Other Drugs and Professional Issues

Objective 1: Understands the issues related to the use of alcohol, tobacco, and other drugs

The beginning Health teacher:

- 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

Objective 2: Understands the professional issues related to health education

The beginning Health teacher:

- 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 the Whole School, Whole Community, Whole Child (WSCC) model.

Practice Questions

The practice questions in this study companion are designed to familiarize you with the types of questions you may see on the assessment. While they illustrate some of the formats and types of questions you will see on the test, your performance on these sample questions should not be viewed as a predictor of your performance on the actual test. Fundamentally, the most important component in ensuring your success is familiarity with the content that is covered on the assessment.

To respond to a practice question, choose one of the answer options listed. Be sure to read the directions carefully to ensure that you know what is required for each question. You may find it helpful to time yourself to simulate actual testing conditions. A correct answer and a rationale for each sample test question are in the section following the practice questions.

Keep in mind that the test you take at an actual administration will have different questions, although the proportion of questions in each subarea will be approximately the same. You should not expect the percentage of questions you answer correctly in these practice questions to be exactly the same as when you take the test at an actual administration, since numerous factors affect a person's performance in any given testing situation.

Directions: Each of the questions or incomplete statements below is followed by four suggested answers or completions. Select the one that is best in each case.

1. Which of the following listed sequences shows the correct order of the stages in the transtheoretical model of health behavior change?
 - A. Contemplation, preparation, action
 - B. Maintenance, precontemplation, action
 - C. Preparation, contemplation, maintenance
 - D. Action, maintenance, preparation

Answer and Rationale

2. Which of the following is an anatomical structure that is part of the human female reproductive system?
 - A. Vulva
 - B. Cowper's gland
 - C. Vas deferens
 - D. Epididymis

Answer and Rationale

3. A disorder characterized by severe mood swings with extreme highs and lows is known as
 - A. seasonal affective disorder
 - B. attention deficit/hyperactivity disorder
 - C. bipolar disorder
 - D. obsessive-compulsive disorder

Answer and Rationale

-
4. Which of the following are parts of both the male and the female reproductive systems?
- A. The epididymis, the vas deferens, and the urethra
 - B. The vulva, the seminal vesicle, and the endometrium
 - C. The germ cells, the gonads, and the prepuce
 - D. Androgens, the prostate gland, and the cervix

Answer and Rationale

5. Which of the following principles should be used in order to derive the maximum benefit from physical activity and to prevent injury?
- A. Principles of health fitness
 - B. Skill-related fitness principles
 - C. Principles of training
 - D. Principles of fitness guidance

Answer and Rationale

6. Which of the following statements best describes the dimension of social health?
- A. Performing activities of daily living
 - B. Having satisfying interpersonal relationships
 - C. Thinking clearly and reasoning objectively
 - D. Expressing emotions when they are appropriate and controlling them when they are not

Answer and Rationale

-
7. To minimize the risk of mother-to-child transmission, a woman who is HIV positive should avoid which of the following?
- A. Close contact with the newborn
 - B. Breast-feeding the newborn
 - C. Antiviral therapy during pregnancy
 - D. Taking antibiotics during pregnancy

Answer and Rationale

8. Which of the following correctly describes the usual pathway of sperm through the female reproductive tract to the site of fertilization?
- A. Vagina, cervix, fallopian tube, uterus
 - B. Vagina, uterus, fallopian tube, cervix
 - C. Vagina, cervix, uterus, fallopian tube
 - D. Urethra, vagina, fallopian tube, uterus

Answer and Rationale

9. Amniocentesis is most often used to
- A. facilitate artificial insemination
 - B. measure immune-response capability in transplant recipients
 - C. determine the presence of certain disorders in the fetus
 - D. estimate the mother's potential for maintaining a pregnancy to term

Answer and Rationale

-
10. Compared to younger women, women over age 35 have an increased risk of giving birth to children with which of the following genetic disorders?
- A. Cystic fibrosis
 - B. Down syndrome
 - C. Hemophilia
 - D. Sickle-cell anemia

Answer and Rationale

11. Which of the following is an example of respite care for the elderly?
- A. A meal delivery service
 - B. A convalescent center
 - C. Home health care
 - D. Adult day care

Answer and Rationale

12. The three most important factors that shape a person's personality are
- A. heredity, behavior, and basic needs
 - B. environment, behavior, and basic needs
 - C. environment, heredity, and basic needs
 - D. environment, heredity, and behavior

Answer and Rationale

-
13. A vaccine for the AIDS virus is difficult to develop because
- A. HIV cannot be grown in a petri dish
 - B. HIV is a nonliving virus
 - C. HIV mutates rapidly
 - D. the vaccine cannot be tested in animals

Answer and Rationale

14. In which of the following activities can a teacher best observe students demonstrating refusal skills?
- A. Having students interact outside of class
 - B. Having students role-play
 - C. Having students read from the textbook
 - D. Having students create a poster

Answer and Rationale

15. Marietta lives with her mother, her father, her grandmother, and her brother. This family structure can be best described as
- A. a blended family
 - B. a parent based family
 - C. a nuclear family
 - D. an extended family

Answer and Rationale

-
16. Which of the following pathways is taken by a mature ovum and fetus when moving from its source toward the vagina?
- A. Cervix, uterus, fallopian tube
 - B. Ovary, fallopian tube, uterus
 - C. Fallopian tube, ovary, cervix
 - D. Ovary, uterus, fallopian tube

Answer and Rationale

17. If a student is suicidal, the best strategy for a teacher is to
- A. leave the student alone in a classroom to get administrative help or the substance abuse counselor
 - B. call for help and stay with the student until help arrives
 - C. find a friend of the student to help
 - D. talk to the student and allow the student to leave when he or she is feeling better

Answer and Rationale

18. Which of the following common conceptions about suicide is true?
- A. Give the person who is suicidal time alone to work it out.
 - B. When talking to someone who feels hopeless or sad, never talk about suicidal feelings.
 - C. Many people have considered suicide at one time in their lives.
 - D. There are rarely warning signs of suicide.

Answer and Rationale

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19. Which of the following hormones is a common component of oral contraceptives because it inhibits the development of ovarian follicles?
- A. Testosterone
 - B. Progesterone
 - C. Luteinizing hormone (LH)
 - D. Follicle-stimulating hormone (FSH)

Answer and Rationale

20. The primary caregiver for an 85-year-old parent is seeking temporary full-time care for the parent. Which of the following programs would be best for the caregiver to consider?
- A. Hospice care
 - B. Visiting Nurse Association
 - C. Respite care
 - D. Meals on Wheels

Answer and Rationale

21. Fertilization of the ovum normally occurs in which of the following organs of the female reproductive system?
- A. Vagina
 - B. Uterus
 - C. Ovary
 - D. Fallopian tube

Answer and Rationale

-
22. Which statement best characterizes the changes in human sexual response after age 50?
- A. Women lose sexual interest and desire because of physiological changes associated with menopause, whereas men do not.
 - B. Both men and women experience physiological changes related to erection and lubrication that cause them to lose their sexual desire.
 - C. Most men and women experience a slowing down of sexual responses such as erection and lubrication but not necessarily a decline in sexual interest or desire.
 - D. There are no noticeable changes in human sexual response in either sex after age 50.

Answer and Rationale

23. The hormone released by the hypothalamus in both males and females at the onset of sexual maturity is
- A. norepinephrine
 - B. adrenaline
 - C. progesterone
 - D. gonadotropin-releasing hormone (GnRH)

Answer and Rationale

24. Essential amino acids are best described as those amino acids that are
- A. required for protein synthesis but cannot be made by the body
 - B. naturally occurring substances that help fight infection
 - C. important components of carbohydrates, fats, and proteins
 - D. high-energy nutrients that promote growth and development

Answer and Rationale

25. Which of the following students is most likely to lose weight safely?

	Name	Daily Intake (calories)	Daily Expenditure (calories)
A.	Robert	3,000	3,000
B.	Judy	3,000	2,000
C.	Tim	2,000	2,800
D.	Alice	1,000	4,000

Answer and Rationale

26. Which of the following can be used most effectively to determine an individual's body fat composition?

- A. Scales and a height-weight chart
- B. A skinfold caliper
- C. Measurements of the circumference of the individual's waist, hips, thighs, and arms
- D. Hydrostatic weighing

Answer and Rationale

27. The presence of the ozone layer in the upper atmosphere is important because it

- A. enhances the greenhouse effect
- B. has led to sharp increases in skin cancers
- C. absorbs harmful ultraviolet radiation
- D. reduces acid rain and urban smog

Answer and Rationale

-
28. Approval of AZT for use in treating AIDS came under the jurisdiction of which of the following agencies?
- A. Federal Trade Commission
 - B. United States Consumer Product Safety Commission
 - C. State-level offices of consumer affairs
 - D. United States Food and Drug Administration

Answer and Rationale

29. Fetal alcohol syndrome is associated with which of the following?
- A. Phenylketonuria
 - B. Leukemia
 - C. Hepatitis
 - D. Developmental disabilities

Answer and Rationale

30. The primary means of managing diabetes is to keep
- A. cholesterol levels low
 - B. sodium levels low
 - C. blood sugar levels stable
 - D. blood pressure stable

Answer and Rationale

-
31. Some people feel an improvement in their health after taking a remedy that has no proven scientific effect on health status. This is an example of which of the following?
- A. A medical breakthrough
 - B. A suppressant benefit
 - C. Positive visualization
 - D. The placebo effect

Answer and Rationale

32. Which of the following is a respiratory condition characterized by inflammation, excessive mucus production, and the constriction of the bronchi?
- A. Allergic rhinitis
 - B. Emphysema
 - C. Sleep apnea
 - D. Asthma

Answer and Rationale

33. The Whole School, Whole Community, Whole Child (WSCC) model, includes which **THREE** of the following?
- A. Comprehensive school health education
 - B. Physical education and physical activity
 - C. Nutrition environment and services
 - D. Health newsletters

Answer and Rationale

-
34. A high school has had a series of incidents of sexual harassment in the hallways. One of the health education teachers assigns students to create posters in class encouraging positive peer pressure to prevent sexual harassment. The teacher's assignment is contributing to the school's
- A. healthy environment
 - B. health services
 - C. family and community involvement
 - D. counseling services

Answer and Rationale

35. HIV may be transmitted from one individual to another in which **THREE** of the following ways?
- A. Through contact made during oral sex
 - B. By an infected mother feeding breast milk to an infant
 - C. Intravenously through sharing injection drug equipment
 - D. Genetically from parent to child

Answer and Rationale

36. Which of the following most accurately represents the number of extra calories a pregnant woman should consume per day to prepare for a healthy birth?
- A. 200–300
 - B. 1,000–1,200
 - C. 1,500–2,000
 - D. Double her normal caloric intake

Answer and Rationale

37. When designing integrated activities for the health classroom to address the different needs of young students, the health teacher should consider the theory of cognitive development suggested by which of the following?

- A. Jean Piaget
- B. John Dewey
- C. Robert Marzano
- D. Madeline Hunter

Answer and Rationale

38. Which of the following neurotransmitters is affected by the antidepressant Prozac®?

- A. Adrenaline
- B. Serotonin
- C. Epinephrine
- D. Cortisol

Answer and Rationale

39. Which of the following environmental problems is most lethal to people worldwide?

- A. Acid rain
- B. Air pollution
- C. Ozone depletion
- D. Water pollution

Answer and Rationale

40. According to the Centers for Disease Control and Prevention (CDC), which **THREE** of the following are among the top four causes of death for young people ages 15 to 24 in the United States?

- A. Suicide
- B. Motor vehicle injuries
- C. Homicide
- D. Diabetes

Answer and Rationale

41. When planning goals for lessons in health class, which **THREE** of the following should be a teacher's primary concerns?

- A. How easily the material can be presented in class
- B. How the information presented is relevant to the learner
- C. What motivates enthusiasm for the subject in the learner
- D. What types of learners make up the class population

Answer and Rationale

42. Which of the following best describes a formative evaluation?

- A. Documenting the feasibility of implementing a student exercise program
- B. Determining the effectiveness of a school system's HIV-prevention initiative
- C. Documenting the level of dissemination of a research-based curriculum within a state
- D. Monitoring progress in completing plans for a tobacco-use prevention training event

Answer and Rationale

43. Hib is best described as a type of

- A. bacteria
- B. immune disorder
- C. health information system
- D. behavioral disorder

Answer and Rationale

44. The affective domain of Bloom's taxonomy includes which **THREE** of the following types of behavior?

- A. Analyzing
- B. Receiving
- C. Responding
- D. Valuing

Answer and Rationale

45. Which of the following can be obtained only with a prescription from a licensed physician?

- A. Vitamin supplements
- B. Birth control pills
- C. Diet pills
- D. Weight training supplements

Answer and Rationale

-
46. Which **THREE** of the following are major components of the Whole School, Whole Community, Whole Child (WSCC) model?
- A. Employee wellness
 - B. Comprehensive school health education
 - C. Health insurance for students
 - D. Community involvement

Answer and Rationale

47. A negative energy balance of which of the following is required to lose one pound per week?
- A. 4,500 calories
 - B. 3,500 calories
 - C. 2,500 calories
 - D. 1,500 calories

Answer and Rationale

48. An increase in the risk of heart disease is associated with an increase in which **THREE** of the following?
- A. Blood pressure
 - B. Serum cholesterol
 - C. Low-density lipoprotein
 - D. High-density lipoprotein

Answer and Rationale

Answer Key and Rationales

Question Number	Correct Answer	Rationale
1	A	<p>Option (A) is correct. The transtheoretical model of health behavior change involves a progression through a series of stages. The first stage is precontemplation, in which individuals are not thinking or are unmotivated to change problem behavior in the near future. The next stage is contemplation, in which individuals become aware of their desire to change a particular behavior by weighing the pros and cons of the behavior. Once the pros of attempting to change a problem behavior outweigh the cons, the individual has entered the preparation stage, and an action is prepared for the near future. The beginning of the actual change in behavior is referred to as the action stage. The final stage is maintenance, in which the desired change is attempted for over six months.</p> <p><i>Back to Question</i></p>
2	A	<p>Option (A) is correct. The vulva is a part of the female reproductive system. It is the external part of the female genitalia that surrounds the opening of the vagina to protect a woman's sexual organs, urinary opening, vestibule, and vagina.</p> <p><i>Back to Question</i></p>
3	C	<p>Option (C) is correct. Bipolar disorder is a serious mental illness that is characterized by extreme changes in mood, from mania, in which a person experiences extreme highs, to depression, in which a person experiences extreme lows with periods of normal moods.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
4	C	<p>Option (C) is correct. The epididymis, the vas deferens, the seminal vesicles, androgens, and prostate gland are found only in the male reproductive system. The germ cells are reproductive cells found in both the male and female reproductive systems and can be either the egg or the sperm cell. The gonads are reproductive glands that are located in the male testes and in the female ovaries where they produce gametes. The prepuce is a double-layered fold of skin and mucous membrane that covers the tip of the penis in males or the clitoris in females.</p> <p><i>Back to Question</i></p>
5	C	<p>Option (C) is correct. Individuals should follow the principles of training to derive the maximum benefit from physical activity and to prevent injury. The principles address specificity, overload, progression, diminishing returns, variation, reversibility, individual differences, and moderation.</p> <p><i>Back to Question</i></p>
6	B	<p>Option (B) is correct. An individual's ability to have satisfying interpersonal relationships is a dimension of social health.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
7	B	<p>Option (B) is correct. Close contact between the mother and the newborn will not necessarily transmit HIV, and the question does not mention when the mother contracted HIV. It has been shown that women can significantly decrease the risk of transmitting HIV to the infant through antiviral therapies and taking antibiotics during pregnancy, during the delivery of the infant, and giving dosages to the infant after delivery. HIV can pass from a mother who is HIV positive to infant by way of breast-feeding as the mother's milk contains very high concentrations of HIV. It is recommended for mothers who are HIV positive to use commercial formula in place of breast-feeding to minimize the risk of transmission to the newborn.</p> <p><i>Back to Question</i></p>
8	C	<p>Option (C) is correct. The ovum enters the flared opening of the fallopian tube after it is released from the follicle in the ovary. At ejaculation, the sperm enter the vagina and, within 15 minutes to an hour, move into the cervix, through the uterus to the fallopian tube.</p> <p><i>Back to Question</i></p>
9	C	<p>Option (C) is correct. Amniocentesis involves the removal and examination of a small sample of cells from the amniotic cavity, enabling doctors to detect genetic disorders.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
10	B	<p>Option (B) is correct. The incidence of Down syndrome increases with the age of the mother. In the United States, for example, among mothers in the age range 20-30, about one in 800 newborns has Down syndrome, whereas the incidence of Down syndrome in newborns of mothers over age 40 is one in 100.</p> <p><i>Back to Question</i></p>
11	D	<p>Option (D) is correct. Respite care is short-term care given to a patient by another caregiver, so that the primary caregiver can have a break. According to the Centers for Medicare and Medicaid Services, respite care is provided by Medicare-approved facilities such as hospitals, nursing homes, or other inpatient facilities.</p> <p><i>Back to Question</i></p>
12	D	<p>Option (D) is correct. An individual's personality is shaped by the environment in which the person grew up or lives, by the qualities and characteristics that result from the individual's genetic makeup, and by the individual's choices and attitudes that lead to certain behaviors. Basic needs having to do with survival, such as food, water, and shelter, do not shape personality.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
13	C	<p>Option (C) is correct. According to the National Institutes of Health, HIV has a unique way of evading the immune system and mutating rapidly. When used as a host for the virus, the human body seems incapable of mounting an effective immune response against the virus. As a result, scientists do not have a clear picture of what is needed to provide protection against the virus and are still researching.</p> <p><i>Back to Question</i></p>
14	B	<p>Option (B) is correct. Role-playing in class is the most appropriate way for students to demonstrate refusal skills in real-life situations.</p> <p><i>Back to Question</i></p>
15	D	<p>Option (D) is correct. An extended family consists of two or more individuals from different generations of a family living together and sharing a common household.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
16	B	<p>Option (B) is correct. The female reproductive tract includes two ovaries, two fallopian tubes, a uterus, and a vagina. Ovum production takes place in the ovaries. The ova then travel through the fallopian tubes to the uterus, where a fertilized ovum is protected and nourished as it grows into a fetus before birth through the vagina.</p> <p><i>Back to Question</i></p>
17	B	<p>Option (B) is correct. A teacher should never leave any student alone or in an unsupervised classroom. The teacher should always take a student's threats of suicide seriously and seek help from resources available. Involving other students, allowing the student to leave, or leaving the student are not appropriate strategies.</p> <p><i>Back to Question</i></p>
18	C	<p>Option (C) is correct. There are usually warning signs of suicide, and any person who expresses thoughts of suicide should be taken seriously and not be left alone. Talking to someone who is feeling hopeless or sad about their suicidal feelings is encouraged to show support and understanding. Due to stress and traumatic life events, many people have considered suicide at one time in their lives. Yet, with time and support, most can overcome the problems and pain, and suicidal feelings will pass.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
19	B	<p>Option (B) is correct. Progesterone is a female steroid hormone produced by the ovaries during the release of a mature egg from an ovary. Progesterone helps prepare the lining of the uterus to receive the egg if it becomes fertilized by sperm. If the egg is not fertilized, progesterone levels drop and menstrual bleeding begins. Progesterone is commonly a component in oral contraceptives for this reason.</p> <p><i>Back to Question</i></p>
20	C	<p>Option (C) is correct. Respite care is short-term care given to a patient by another caregiver, so that the family or friend who is the patient's primary caregiver can have a break.</p> <p><i>Back to Question</i></p>
21	D	<p>Option (D) is correct. The organs of the female reproductive system include the ovaries, fallopian tubes, uterus, and vagina. The ovum is normally released from the ovaries, where it travels through and is fertilized in the fallopian tubes if sperm is present. The fertilized ovum then travels to the uterus, where it implants and grows into an embryo and eventually a fetus before birth through the vagina.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
22	C	<p>Option (C) is correct. At around the age of 50, women experience menopause, which affects them in that their ovaries no longer release eggs and their bodies no longer produce estrogen. The vaginal walls become thinner, vaginal entrance smaller, and lubrication is decreased, which can make intercourse painful. Many women use estrogen replacement therapy or vaginal lubricants to make vaginal intercourse easier. Men's testosterone production and semen release during ejaculation slow, making it difficult for men to achieve an erection. However, medications are available to help older men achieve and maintain erections. Men and women do not generally lose their desire or ability for sexual expression and are able to have pleasurable sexual intercourse and to experience orgasm for their entire lives.</p> <p><i>Back to Question</i></p>
23	D	<p>Option (D) is correct. GnRH activity is very low during childhood and rises at puberty. During the reproductive years, the release of GnRH in higher quantities is critical for successful reproductive function in both males and females.</p> <p><i>Back to Question</i></p>
24	A	<p>Option (A) is correct. Amino acids are the building blocks of proteins. Of the 20 amino acids required for protein synthesis, nine cannot be produced by the human body. These must be supplied by the diet.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
25	C	<p>Option (C) is correct. To reduce body weight, more calories must be expended than are taken in. With a daily expenditure of 800 calories above intake, Tim would lose approximately two pounds per week. Alice, with a calorie expenditure so much greater than her calorie intake, is at risk of ketosis due to carbohydrate deficiency.</p> <p><i>Back to Question</i></p>
26	D	<p>Option (D) is correct. Underwater weighing identifies the proportion of body fat accurately by calculating specific gravity. The higher the specific gravity, the lower the fat composition.</p> <p><i>Back to Question</i></p>
27	C	<p>Option (C) is correct. The ozone layer is a region of the upper atmosphere that forms a protective layer that prevents the sun's most harmful ultraviolet radiation from reaching earth's surface. The depletion of the ozone layer has resulted in dramatic increases in skin cancers.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
28	D	<p>Option (D) is correct. The FDA is responsible for approval of medicines.</p> <p><i>Back to Question</i></p>
29	D	<p>Option (D) is correct. Fetal exposure to alcohol is a leading cause of developmental disabilities.</p> <p><i>Back to Question</i></p>
30	C	<p>Option (C) is correct. Diabetes is a condition in which blood sugar levels are high due to the body's inability to process the blood sugar correctly; therefore, keeping blood sugar levels stable is the best way to manage diabetes.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
31	D	<p>Option (D) is correct. The placebo effect is created when, in a controlled environment, a patient is given an inert pill and not told it is inert. The patient then describes the improvement the inert pill is causing, thus showing that the improvement is mental and not medical. This is also true in an uncontrolled environment as illustrated in the question.</p> <p><i>Back to Question</i></p>
32	D	<p>Option (D) is correct. An asthma episode is a series of events that result in narrowed airways. These include: swelling of lining, tightening of muscles, and increased secretion of mucus in the airway.</p> <p><i>Back to Question</i></p>
33	A, B, C	<p>Options (A), (B), and (C) are correct. This list makes up three of the ten components of the Whole School, Whole Community, Whole Child (WSCC) model. The other seven are employee wellness, social and emotional school climate, physical environment, health services, counseling, psychological, and social services, community involvement, and family engagement.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
34	A	<p>Option (A) is correct. A healthy school environment fosters a psychosocial climate that helps maximize the health and safety of students and staff.</p> <p><i>Back to Question</i></p>
35	A, B, C	<p>Options (A), (B), and (C) are correct. HIV can only be transmitted from an HIV-positive to an HIV-negative person through a mucous membrane found in the rectum, vagina, mouth, or tip of the penis, through open cuts or sores, or by direct injection from a needle or syringe. Less commonly, an HIV-positive person can transmit HIV to their baby during pregnancy, birth, or breastfeeding.</p> <p><i>Back to Question</i></p>
36	A	<p>Option (A) is correct. During the course of a pregnancy, the fetus weighs anywhere from a few ounces to a few pounds. The mother's body needs only between 200 and 300 extra calories per day during the pregnancy. This is the amount of calories in one cooked chicken breast, without the skin.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
37	A	<p>Option (A) is correct. Jean Piaget, a Swiss psychologist, believed that cognitive growth occurred in stages and is credited for creating the theory of cognitive development. The theory suggests that students play an active role in the learning process. As students interact with the world around them, they continually add new knowledge, build upon existing knowledge, and adapt previously held ideas to accommodate new information.</p> <p><i>Back to Question</i></p>
38	B	<p>Option (B) is correct. Depression is caused by low levels of serotonin in the brain.</p> <p><i>Back to Question</i></p>
39	D	<p>Option (D) is correct. According to the World Health Organization, between five and 10 million people worldwide die each year from exposure to polluted water.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
40	A, B, C	<p>Options (A), (B), and (C) are correct. According to data from the Centers for Disease Control and Prevention (CDC), motor vehicle injuries are the leading cause of death of young American's ages 15-24, followed by homicide and suicide.</p> <p><i>Back to Question</i></p>
41	B, C, D	<p>Options (B), (C), and (D) are correct. The ease with which the material can be presented should not be a concern to the teacher.</p> <p><i>Back to Question</i></p>
42	A	<p>Option (A) is correct. Formative evaluations allow the teacher to evaluate student performance in real-time, provide feedback, and improve the course content and delivery during the learning process.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
43	A	<p>Option (A) is correct. Hib stands for Haemophilus influenza type B, which is a type of bacteria. Most strains of Hib are opportunistic pathogens that usually live in their host without causing disease; they cause problems only when other viral infections or reduced immune function create an opportunity.</p> <p><i>Back to Question</i></p>
44	B, C, D	<p>Options (B), (C), and (D) are correct. There are five major categories in the affective domain of Bloom's taxonomy: receiving, responding, valuing, organization, and characterizing.</p> <p><i>Back to Question</i></p>
45	B	<p>Option (B) is correct. Birth control pills are the only item listed that requires a doctor's prescription.</p> <p><i>Back to Question</i></p>

Question Number	Correct Answer	Rationale
46	A, B, D	<p>Options (A), (B), and (D) are correct. There are eleven components of the Whole School, Whole Community, Whole Child (WSCC) model: health education, nutrition environment and services, employee wellness, social and emotional school climate, physical environment, health services, counseling, psychological and social services, community involvement, family engagement, and physical education and physical activity.</p> <p><i>Back to Question</i></p>
47	B	<p>Option (B) is correct. A pound of body fat equals 3,500 calories. By reducing intake of food via dieting or burning more calories in exercise, a negative energy balance is created. An individual wishing to lose one pound per week needs to maintain a negative energy balance of 3,500 calories per week.</p> <p><i>Back to Question</i></p>
48	A, B, C	<p>Options (A), (B), and (C) are correct. A high concentration of low-density lipoprotein (LDL), especially combined with high blood pressure and in the presence of high serum cholesterol, are the major factors associated with the artery-narrowing process known as atherosclerosis. A high HDL ratio to LDL in overall serum cholesterol is a desirable trait.</p> <p><i>Back to Question</i></p>

Preparation Resources

The resources listed below may help you prepare for the GACE assessment in this field. These preparation resources have been identified by content experts in the field to provide up-to-date information that relates to the field in general. You may wish to use current issues or editions of these materials to obtain information on specific topics for study and review.

Guide to Taking a GACE Computer-delivered Assessment

This guide explains how to navigate through a GACE assessment and how to answer different types of test questions. This free download is available in the Test Preparation Resources section of the GACE website at www.gace.ets.org/prepare.

Reducing Test Anxiety

This guide provides practical help for people who suffer from test anxiety. Designed specifically for GACE test takers, but useful to anyone who has to take tests, this guide reviews the major causes of test anxiety and offers practical advice for how to counter each one. Download this guide for free from the Test Preparation Resources section of the GACE website at www.gace.ets.org/prepare.

Study Tips: Preparing for a GACE Assessment

This document contains useful information on preparing for selected-response and constructed-response tests. The instruction, tips, and suggestions can help you become a better-prepared test taker. See the Test Preparation Resources section of the GACE website at www.gace.ets.org/prepare for this free download.

Journals

JOPERD: Journal of Physical Education, Recreation, & Dance, American Alliance for Health, Physical Education, Recreation, and Dance.

JTPE: Journal of Teaching in Physical Education, Human Kinetics Publishers.

Strategies, American Alliance for Health, Physical Education, Recreation, and Dance.

Other Resources

American Alliance for Health, Physical Education, Recreation, and Dance. (1999). *Physical Education for Lifelong Fitness: The Physical Best Teacher's Guide*. Champaign, Ill.: American Alliance for Health, Physical Education, Recreation, and Dance.

Clements, R., and Kinzler, S. (2003). *A Multicultural Approach to Physical Education*. Reston, Va.: National Association for Sport and Physical Education.

Colvin, A. Y., Markos, N. J., and Walker, P. J. (2000). *Teaching the Nuts and Bolts of Physical Education*. Champaign, Ill.: Human Kinetics.

Dougherty, N. (Ed.) (2002). *Physical Activity & Sport for the Secondary School Student*. Reston, Va.: National Association for Sport and Physical Education.

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- Hoeger, W., and Hoeger, S. A. (2003). *Lifetime Physical Fitness and Wellness*. Belmont, Calif.: Wadsworth Publishing.
- Kogust, S. (Ed.) (2003). *Beyond Activities: Learning Experiences to Support the National Physical Education Standards, Elementary*. Reston, Va.: National Association for Sport and Physical Education.
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- Seaman, J., DePauw, K., Morton, K., and Omato, K. (2003). *Making Connections: From Theory to Practice in Adapted Physical Education*. Scottsdale, Ariz.: Holcomb Hathaway Publishers.
- Siedentop, D., and Tannehill, D. (2000). *Developing Teaching Skills in Physical Education*. Mountain View, Calif.: Mayfield Publishing.
- Weinberg, R., and Gould, D. (2003). *Foundations of Sport & Exercise Psychology*. Champaign, Ill.: Human Kinetics.
- Wilmore, J. H., and Costill, D. L. (1999). *Physiology of Sport and Exercise*. Champaign, Ill.: Human Kinetics.

Online Resources

- American Association of Active Lifestyles and Fitness — www.agingblueprint.org/pdfs/AAALF-one-page.pdf
- American College of Sports Medicine — www.acsm.org
- American Red Cross — www.redcross.org
- Human Kinetics — www.humankinetics.com

PE Central: The Health and Physical Education Web site for Teachers. PE Central —
www.pecentral.org

Society of Health and Physical Educators — ***www.shapeamerica.org***