



# GACE® Health and Physical Education Assessment Test II (116) Curriculum Crosswalk

## Required Coursework Numbers

<b>Subarea I. Basic Sciences of Physical Education (20%)</b>																			
<i>Objective 1: Understands how the applied sciences are related to physical education</i>																			
A. Understands biomechanics and kinesiology																			
B. Understands exercise physiology and fitness																			
<i>Objective 2: Understands the principles of anatomy and physiology as related to physical education</i>																			
A. Understands anatomy and physiology																			
B. Understands the components of flexibility																			
C. Knows the major muscle groups																			
<b>Subarea II. Motor Learning and Motor Development (15%)</b>																			
<i>Objective 1: Understands the principles of motor learning</i>																			
A. Understands principles, stages, sequences, and characteristics of motor development and learning																			
B. Understands factors influencing motor development and learning																			
C. Understands motor-learning concepts																			
D. Knows instructional prompts and cues for providing motor performance feedback																			
E. Understands skill themes and ways to promote movement concepts																			

## Required Coursework Numbers

<i>Objective 2: Understands the principles of motor development</i>																		
A. Knows how to apply movement concepts																		
B. Understands movement principles and their application																		
C. Knows critical elements of movement patterns																		
D. Understands how to combine locomotor, nonlocomotor, and manipulative skills and patterns																		
E. Knows how to select developmentally appropriate techniques, skills, sequences, equipment, and materials for complex rhythmic, aerobic, and dance activities																		
<b>Subarea III. Sports, Activities, and Fitness (30%)</b>																		
<i>Objective 1: Understands the principles of individual, dual, team, and lifetime sports or activities</i>																		
A. Knows the skills, rules, strategies, sequences, and performance assessment techniques for individual, dual, team, and lifetime sports, dance, and other activities																		
B. Understands critical elements essential to competent performance in individual, dual, and lifetime sports																		
C. Understands critical elements essential to competent performance in team sports																		
D. Understands critical elements of outdoor, adventure, and cooperative activities																		

## Required Coursework Numbers

E. Understands critical elements essential to competent performance in creative movement and dance																			
<i>Objective 2: Understands fitness as it relates to training, fitness plans, sports, and activities</i>																			
A. Understands principles of training and conditioning																			
B. Knows principles and techniques for designing a fitness plan																			
C. Knows the effect of participation in sports and activities																			
D. Knows the appropriate etiquette, interactions, care of equipment, safety practices, and environmental considerations																			
<b>Subarea IV. Instructional Principles and Professionalism in Physical Education (35%)</b>																			
<i>Objective 1: Understands management and motivation as it relates to physical education</i>																			
A. Knows the principles of classroom management																			
B. Understands the psychological and social factors that affect individual and group learning																			
C. Knows how to manage resources																			
D. Knows how to motivate students																			
E. Knows how to promote positive relationships																			
F. Knows how to use rules and routines to create a safe and effective learning environment																			
G. Knows how to promote self-management skills																			

## Required Coursework Numbers

<i>Objective 2: Understands communication and collaboration as related to physical education</i>																
A. Understands effective verbal and nonverbal communication																
B. Knows how to provide appropriate instructional feedback																
C. Knows how to deliver effective demonstrations and explanations																
D. Knows how to integrate knowledge and skills from multiple subject areas in physical education																
E. Knows how to promote opportunities to be physically active																
<i>Objective 3: Understands the principles involved in physical education planning and instruction</i>																
A. Knows how to achieve and maintain a health-enhancing level of fitness in a physical education program																
B. Knows how to design and sequence activities for skill development																
C. Knows how to design and sequence activities for health and skill-related fitness																
D. Knows how to integrate information technology																
E. Know how to use technology in physical education																
<i>Objective 4: Understands the principles of student assessment, adapted physical education, and professionalism</i>																
A. Knows how to plan and adapt instruction for special need students																

### Required Coursework Numbers

B. Knows how to assess individuals with disabilities															
C. Knows how to gather and assess data for skill performance															
D. Knows the goals and purposes of the various fitness assessments															
E. Knows how to demonstrate and support the concept that all students can become physically educated individuals															
F. Knows the historical, philosophical, social, and legal issues in physical education															
G. Understands liability and legal considerations pertaining to use of equipment, class organization, supervision, program selection, gender, and disability															
H. Understands the factors affecting participation in physical activity															