Content Exam

The test questions can be broken down into 6 Content Categories as illustrated in this table from 0091 *TAAG*.

Test Name	Physical Education: Content Knowledge
Test Code	0091
Number of Questions	120
Time	2 hours
Format	Multiple-choice questions

Content Categories		Approximate Number of Questions	Approximate Percentage of Examination
I.	Fundamental Movements, Motor Development, and Motor Learning	29	24 %
II.	Movement Forms	29	24 %
III.	Fitness and Exercise Science	23	19 %
IV.	Social Science Foundations	13	11 %
V.	Biomechanics	10	8 %
VI.	Health and Safety	16	14 %

I. Fundamental Movements, Motor Development, and Motor Learning (approximately 24 percent or 29 questions)

- Fundamental movements: locomotor, nonlocomotor, manipulative movement and falling/landing movement skills; movement concepts such as space, effort, quality, and relationship
- Growth and motor development: role of perception in motor learning, such as in spatial movement relationships; neurophysiology of motor control; effects of maturation and experience on motor patterns; biological and environmental influences on gender differences in motor performance
- Motor learning: classical and current theories of motor learning; variables that affect learning and performance; effects of individual differences of learning performance

II. Movement Forms (approximately 24 percent or 29 questions)

- Dance and rhythmic activities; dance forms, such as folk, square and aerobic dancing; skill analysis of dance movements
- Gymnastics; stunts and tumbling, use of gymnastic apparatus, movement themes in educational gymnastics

- Individual/dual/team sports: analysis of skills, injury prevention and safety, rules and strategies, facilities and equipment, lifetime activities and recreational pursuits, adventure and outdoor pursuits, and the martial arts
  - **Note:** Emphasis is on 7 activities - basketball, soccer, softball, tennis, track and field, volleyball, and swimming - according to ETS these are the activities most commonly taught in K-12 schools
  - Questions may also be based on other sports or activities commonly used in physical education settings.

III. Fitness and Exercise Science (approximately 19 percent or 23 questions)

- Components: cardiorespiratory and muscular strength/endurance, body composition, flexibility
- Conditioning practices and principles: frequency, intensity, time/duration, the role of exercise
- Human biology: anatomy and physiology, including identification of major muscles, bones, systems of the human body and their function; exercise physiology, including terminology, components of fitness, principles of exercise, roles of body systems in exercise, short and long-term effects of physical training, relationship between nutrition and fitness

IV. Social Science Foundations (approximately 11 percent or 13 questions)

- History of physical education: leading men and women, major issues, and events in the history of physical education; historical relationship of physical education to health and fitness
- Current philosophical issues: purpose of physical education; relationship between teaching and coaching; accountability, roles, benefits, and effects of competition
- Sociological and sociopolitical issues: cultural diversity, equity (Title IV, Individuals with Disabilities Act, affirmative action), general education issues
- Psychological: personality factors that affect participation, social-psychological factors that affect participation, cooperation

V. Biomechanics (approximately 8 percent or 10 questions)

- Terminology: mass, force, friction
- Basic principles of movement: summation of forces, center of gravity, force/speed relations, torque
- Application of basic principles to sports skills
- Methods of analyzing movement
- Analysis of basic movement patterns: overhand throw, underhand throw, kick

VI. Health and Safety (approximately 14 percent or 16 questions)

- Safety and injury prevention: general and specific safety considerations for all movement activities; fitness-related safety considerations, such as warm-up/cool down, harmful exercise techniques, and environmental conditions

- Health appraisals and referrals: health-related fitness appraisals, personal goal-setting and assessment, such as Physical Best, President's Challenge, and Fitnessgram, considerations related to the Individuals with Disabilities Education Act

- Handling accidents and illnesses: first aid, CPR, water safety, certification

- Liability and legal aspects: considerations of equipment, class organization, supervision, program selection

- Effects of substance abuse on performance and behavior

Analysis & Design Exam

This test is designed to assess how well a prospective physical education teacher can select activities for particular purposes, make decisions about the status and needs of students, and justify those selections and decisions. The test covers knowledge of fitness, fundamental movements, and sports that comprise the content of K-12 physical education classes; knowledge of the foundations for teaching these activities; and knowledge of crucial topics in health and safety.

Test Name	Physical Education: Movement Forms - Analysis and Design
Test Code	0092
Number of Questions	2 multipart questions
Time	1 hour
Format	Each question requires the examinee to describe characteristics of movement forms, to design or prescribe appropriate movement routines to achieve specific goals, and to provide explanatory information

Examinees are not expected to demonstrate knowledge of teaching methods in physical education or general principles and methods of planning and implementing instruction. The content of this exam covers the knowledge base of physical education, as it was described on the Physical Education Content Knowledge Exam (0091) page. The test covers knowledge of fitness, fundamental movements, and sports that comprise the content of physical education classes; knowledge of the foundations for teaching these activities; and knowledge of crucial topics in health and safety. On this test, you will be asked to describe characteristics of movement forms; design and/or prescribe appropriate movement routines to achieve specific goals; and provide explanations and justifications from the foundations of physical education, as well as health and safety issues.

The test contains two constructed response questions that must be answered in a one-hour session. The two questions deal with health-related fitness, the ability to analyze movement forms in terms of the progression from introductory to advanced levels of skill performance, and the selection and description of movement activities that will enable children to reach specified goals in physical education.

The two questions address two different areas of physical education.

- Addressing Fitness and Designing Routines to Achieve Goals
- Designing Activities for Skill Mastery or Achievement of Objectives

In these two questions, students are to demonstrate knowledge of the *critical elements* of movement forms and how these critical elements shape the design of activities intended to help children master these elements.

In the questions, examinees will be asked to:

- Describe characteristics of movement forms
- Assess/diagnose status of students from data provided in questions
- Design/prescribe appropriate movement routines to achieve specific goals
  - In accordance with health and safety
- Provide explanatory and justifying information from the foundation sciences