5 Areas the PRAXIS will Assess:

**Health Education**

1. Health Education as a discipline/ instruction
2. Health Education Content

**Physical Education**

3. Content Knowledge and Student Growth and development
4. Management, Motivation, and Communication/ Collaboration, Reflection, and Technology
5. Planning, Instruction and Student Assessment

**Health Education**

- Health related components of fitness (cardiovascular, muscular strength, muscular endurance, flexibility).
- Skill related components of fitness (agility, coordination, speed, balance, power, reaction time)
- Karvonen method—target heart rate
- 3,500 calories= 1 pound
- Conflict management, decision making, refusal skills, listening skills

**Sexual Health**

- Path of egg from ovaries.
- Fertilized egg

**Theories**

- Elizabeth Kubler Ross—stages of grieving
- Abraham Maslow—heirarchy of needs.
- Behavioral change theories—(i.e. Transtheoretical model)

**Disease Prevention**

- Communicable/ non-communicable diseases
- Chronic/ Acute diseases
Physical Education (Topics from Sections 3-5)

NASPE Standards

National Health Education Standards

8 Components of Comprehensive Health Program

Classroom Management

- Classroom organization/ How to distribute equipment/ Where to stand in the classroom
- Rules at the beginning of the school year
- Intrinsic vs. extrinsic motivation

Lesson Planning

- Developmentally appropriate sequence (precontrol, control, utilization, proficiency)
- Warm up and cool down techniques

Skill Themes/ Movement Concepts

- Skill Themes and Movement Concept vocabulary
- Open vs. closed skills
- Teaching cues for skills

Assessment

- Formative vs summative evaluation
- Rubrics

Interdisciplinary learning

- Howard Gardner/ Multiple intelligences (Linguistic, Logical-mathematical, Bodily-kinesthetic, Musical, Scientific, Interpersonal, Intrapersonal, Naturalist)

Laws

- Adapted: IDEA, Section 504 of the Vocational Rehabilitation Act, Inclusion (least restrictive environment)
- Title IX

Kinesiology

- Torque/ force during movement

Reflective Teaching Cycle

- Planning, Teaching, Assessment, Reflection