



National Evaluation Series™

Test Framework Worksheet

Physical Education

Test Code
506

Notes:

		Multiple-Choice Questions (approx.)	Test Proportion (approx.)				
CONTENT DOMAIN I—GROWTH AND MOTOR DEVELOPMENT		37	25%				
Competency	0001	Understand stages and characteristics of human growth and development.					
	0002	Understand concepts and principles of anatomy and physiology as they relate to movement and physical fitness.					
	0003	Understand principles, sequences, and characteristics of motor development and motor learning.					
CONTENT DOMAIN II—MOVEMENT ACTIVITIES		37	25%				
Competency	0004	Understand fundamental movement concepts and skills and principles of biomechanics.					
	0005	Understand principles, techniques, skills, activities, organizational strategies, and safety practices for sports and recreational activities.					
	0006	Understand principles, techniques, skills, activities, organizational strategies, and safety practices for rhythmic movement and dance; stunts, tumbling, and educational gymnastics; and cooperative, group, and adventure activities.					
CONTENT DOMAIN III—LIFELONG PHYSICAL FITNESS		38	25%				
Competency	0007	Understand principles and components of health-related physical fitness, including activities for promoting cardiorespiratory endurance, flexibility, muscular strength and endurance, and body composition.					
	0008	Understand principles, procedures, and resources for developing and maintaining physical activity/fitness and weight management plans.					
	0009	Understand the relationship between physical activity and the development of responsible personal and social behaviors and traits.					
CONTENT DOMAIN IV—THE PHYSICAL EDUCATION PROGRAM		38	25%				
Competency	0010	Understand how children and adolescents learn and how to provide them with physical education opportunities that support their physical, cognitive, social, and emotional development.					
	0011	Understand how to plan, implement, and evaluate physical education instructional activities, including how to adapt activities for diverse learning needs.					
	0012	Understand ethical, legal, professional, and safety guidelines and practices related to physical education.					