

## Examrace

### Praxis II Health Physical Education Exam by ETS

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The exam is aimed to design for the potential instructors of health and physical education. Two hours will be provided, to complete 120 multiple choice question. There will be around 25 questions regarding fitness exercise, 23 questions regarding movement forms, 22 questions regarding fundamental movements, motor development and motor learning, 15 questions regarding community health, diseases and disorders, 16 questions regarding family living and sex education and 19 questions regarding personal health care.

- **Fitness and Exercise Science:** This section will test your knowledge of biomechanics, human biology, physical conditioning and the parts of exercise. The biomechanics section of exam will focus on mass, force, friction, torque and the fundamental principles of movement. The human biology section of the exam will focus on anatomy, physiology, bodily systems and their function, exercise physiology and the identification of bones and major muscles in the human body. The conditioning section of the exam will focus on the role of exercise and intensity and frequency of exercise. The components of exercise section of the exam will focus on flexibility, body composition, muscular endurance and the cardiopulmonary system.
- **Movement Forms:** This section will test your knowledge of volleyball, track and field, soccer, basketball, tennis, softball, martial arts, outdoor interests and pursuits, equipment and facilities. Your knowledge of skill analysis, injury prevention, forms of games, cooperative games, invasion games, gymnastics equipment and safety, gymnastics stunts, tumbling, types of dance, including aerobic, folk and square will also be tested in this section.
- **Fundamental Movements, Motor:** This section will test your knowledge of theories of motor learning, variables that impact motor performance, growth and motor development, perception, spatial relationships, neurophysiology, loco motor skills, manipulative motor skills and movement concepts.
- **Community Health/Diseases and Disorders:** This section will test your knowledge of different kinds of diseases and disorders. The section also covers mental and emotional disorders, and the following topics will be covered: Teenage depression and suicide, anxiety disorders, schizophrenia, adult suicide and the prevention and treatment for mental and emotional disorders. The genetic section will cover disorders such as Down's syndrome, cystic fibrosis, sickle cell anemia and Tay-Sachs disease. The chronic diseases section will test your knowledge of diabetes, cancer, cardiovascular disease, neurological diseases and other major chronic diseases. The communicable diseases section will cover sexually-transmitted diseases and infectious diseases. Knowledge of

educational requirements, training and types of health-care career choices will be tested. Services of private and public health agencies and cost involved in delivery of care will also be included in this section. Your knowledge of the environment, pollution, resources and population concerns will be tested in this section.

- **Family Living and Sex Education:** This section will test your knowledge of different aspects of sex education and family life. The death and dying section of the exam will cover planning for death and, dealing with grief. Long and short term care facilities and services for individuals with a chronic condition will also be covered in this portion. The gerontology section of the exam will cover services for older citizens, the relationship between lifestyle and health and maintaining good health. The family and society section of the exam will cover: Domestic violence, rape, incest, divorce, teenage pregnancy and problems of family and society. The parenting section of the exam will cover medication, child rearing and the responsibilities of being a parent. The dating and marriage section of the exam will cover assertiveness, communication, responsibility and readiness for marriage. The psychosocial development section of the exam will cover personal growth and development, values and decision-making, the importance of peer relationships, family relationships and family structure. The physiology and reproductive anatomy section of the exam will cover pregnancy, childbirth, family planning, the female reproductive system, the male reproductive system and growth and development of males and females.
- **Personal Health Care:** This section will test and cover different topics pertaining to personal health care. The safety and injury prevention section of the exam will cover safety considerations for movement activities and fitness related safety issues such as environmental conditions, realistic goal setting, dealing with accidents and illnesses, first aid and CPR, water safety certification, proper technique for warm-up and cool down activities, personal safety and safety risks, fitness assessments such as Fitnessgram, the President's Challenge and Physical Best. The drug usage and abuse section of the exam will cover over-the-counter drugs, prescription drugs, illegal drugs, tobacco, alcohol, caffeine, the use and abuse of drugs and their the physical and psychological effects, treatment and recovery from drug abuse, and alternative coping skills.
- **In consumer health,** major topics are health myths, individual responsibility for personal health and importance of regular checkups, advertising, and quackery within the medical system. The nutrition section of the exam will cover the relationship between diet and exercise, fad diets, caloric intake, metabolism, nutrition, the food pyramid and dietary goals. The mental and emotional health section of the exam will cover defense mechanisms, personality development, self-concept and self esteem.