

# MICHIGAN TEST FOR TEACHER CERTIFICATION (MTTC)

## TEST OBJECTIVES FIELD 042: HEALTH, PHYSICAL EDUCATION, AND RECREATION

Subarea	Approximate Percentage of Questions on Test
Health	36%
Physical Education	40%
Recreation	24%

### HEALTH

#### **Understand the health education curriculum.**

Includes the components of the instructional program; resources for teaching health education; the roles of various school health services; and instructional materials for health education units.

#### **Understand methodology for health instruction and evaluation.**

Includes instructional methods for delivering health education; classroom management skills required of the health educator; the role of the health educator in facilitating communication skills and voluntary activities; and principles and techniques of evaluation.

#### **Understand the stages of physical growth and development.**

Includes stages and characteristics of prenatal development, infancy, childhood, adolescence, adulthood, aging, and dying.

#### **Understand communicable and noncommunicable diseases.**

Includes communicable and noncommunicable diseases and their signs, symptoms, causes, methods of prevention, and treatments; and the effects of communicable and noncommunicable diseases on society.

#### **Apply the basic principles of nutrition.**

Includes the basic food groups; the sources of nutrients; the components of a balanced diet; nutritional requirements; and the effects of diet and nutrition on personal health.

#### **Understand health problems involving nutrition.**

Includes the causes, characteristics, and effects of obesity and malnutrition; specific nutritional deficiencies; excessive intake of sodium, sugar, cholesterol, or fats; and the causes, symptoms, and treatment of eating disorders.

**TEST OBJECTIVES**  
**FIELD 042: HEALTH, PHYSICAL EDUCATION, AND RECREATION**

**Understand the principles of wellness.**

Includes the components of physical, social, and emotional wellness; mechanisms for coping with stress; the development of self-concept; the design of an individual wellness plan; and the relationship between mental and physical wellness and illness.

**Analyze the causes and prevention of suicide.**

Includes factors associated with, causes of, and ways to prevent suicide; characteristics of individuals with suicidal tendencies; and agencies and services available for the prevention of suicide.

**Understand the use, misuse, and abuse of alcohol, tobacco, and other substances.**

Includes the physical, emotional, and psychological influences and effects of substance use and abuse on the user and others; the effects of alcohol and tobacco; types of illegal drugs and their effects; over-the-counter and prescription drugs; and types and characteristics of agencies and treatment programs concerned with the use and abuse of substances.

**Understand family roles, relationships, and responsibilities.**

Includes roles and responsibilities of family members; factors and responsibilities involved in planning families and raising children; factors that influence relationships among family members; and communication strategies among family members.

**Understand social behavior among adolescents.**

Includes constructive and destructive social behaviors; the influence of peers and peer groups in determining behavior; examples and characteristics of common problems among adolescents; and ways to help adolescents develop constructive social behavior.

**Understand sexual development, reproduction, and sexually transmitted diseases.**

Includes characteristics and stages of sexual development in males and females; physiological processes involved in reproduction; and the causes, characteristics, and prevention of sexually transmitted diseases.

**Understand the problems of sexual harassment, abuse, and rape.**

Includes the characteristics, prevention, and emotional, physical, and psychological effects of sexual harassment, abuse, and rape; and types and characteristics of agencies, programs, and regulations that deal with sexual harassment, abuse, and rape.

**TEST OBJECTIVES**  
**FIELD 042: HEALTH, PHYSICAL EDUCATION, AND RECREATION**

**Identify environmental health hazards.**

Includes characteristics of and health hazards presented by various types of pollution, hazardous substances, and natural disasters; and the effects of technological development on the natural environment and the population.

**Understand causes, methods of prevention, and treatment of accidents.**

Includes common causes of accidents and accident-prevention methods; situations requiring and procedures for administering CPR, the Heimlich maneuver, and mouth-to-mouth resuscitation; and first aid procedures for bleeding, shock, and various other physical injuries.

**PHYSICAL EDUCATION**

**Understand the basic structure and administration of the physical education program.**

Includes the elements and characteristics of the physical education curriculum; laws affecting the program; staffing; scheduling; budgeting; and facilities management.

**Understand the stages of cognitive, social, emotional, and motor development.**

Includes stages and characteristics of development during infancy, childhood, adolescence, and adulthood.

**Identify the components and functions of the musculoskeletal system.**

Includes the components, functions, physiological processes, and common disorders of the musculoskeletal system.

**Identify the components and functions of the circulatory and respiratory systems.**

Includes the components, functions, physiological processes, and common disorders of the circulatory and respiratory systems.

**Identify the components and functions of the nervous and endocrine systems.**

Includes the components, functions, physiological processes, and common disorders of the nervous and endocrine systems.

**Identify the components and functions of the digestive and excretory systems.**

Includes the components, functions, physiological processes, and common disorders of the digestive and excretory systems.

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**Understand the fundamentals of physical fitness and physical conditioning.**

Includes the basic principles of physical fitness development, physical conditioning, flexibility, aerobic and anaerobic conditioning, and strength training; goals of physical fitness based on standards for students of different ages; and the relationship between physical fitness and psychological well-being.

**Identify principles and activities for locomotor, nonlocomotor (axial), and manipulative skills development.**

Includes locomotor, nonlocomotor, and manipulative skills; the integration of locomotor, nonlocomotor, and manipulative skills; materials and equipment for promoting manipulative skills development; and locomotor, nonlocomotor, and manipulative activities that are appropriate for various developmental levels.

**Identify principles and activities for movement education.**

Includes concepts of basic movement skills; elements of rhythm and tumbling; skill progression, activities, safety practices, and types of equipment for movement, rhythmic, and tumbling skills.

**Identify basic techniques, events, skills, and rules involved in track and field and gymnastics.**

Includes basic techniques, skills, strategies, skill progression, safety practices, types of equipment, and rules for track and field and gymnastics.

**Identify skills and elements of low-organized and noncompetitive games in the elementary program.**

Includes low-organized and noncompetitive games appropriate for various developmental levels; and the skills needed for low-organized and noncompetitive games for the elementary program.

**Identify basic techniques, skills, and rules involved in racquet sports.**

Includes basic techniques, skills, strategies, skill progression, safety practices, types of equipment, rules, and scoring methods in tennis, badminton, racquetball, and squash.

**Identify basic techniques, skills, and rules of volleyball and basketball.**

Includes basic techniques, skills, strategies, skill progression, safety practices, types of equipment, rules, and scoring methods in volleyball and basketball.

**TEST OBJECTIVES**  
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**Identify basic techniques, skills, and rules of soccer, flag or touch football, softball, and field hockey.**

Includes basic techniques, skills, strategies, skill progression, safety practices, types of equipment, rules, and scoring methods in field hockey, softball, soccer, and flag or touch football.

**Understand curriculum development, instructional approaches, and assessment techniques in the physical education program (K–12).**

Includes components of curriculum development, appropriate objectives, and appropriate scope and sequence of activities; instructional methods for various objectives and their characteristics; formal and informal assessment techniques and their characteristics and applications; and widely used assessment instruments and performance standards in physical education.

**Apply basic principles of athletic training.**

Includes principles and techniques of taping; care and prevention of athletic injuries; and principles of rehabilitation.

**Identify characteristics and methods of instruction for students with special needs.**

Includes types, characteristics, and appropriate methods of instruction for students with various handicapping conditions, gifted students, and students of different cultural or linguistic backgrounds.

**Identify legal issues and safety practices for physical education activities.**

Includes requirements issues related to liability and legal responsibilities and procedures for maintaining a safe physical education environment.

**RECREATION**

**Understand the use and administration of community recreational facilities.**

Includes the use, scheduling, and maintenance of community recreational facilities such as swimming pools, tennis and basketball courts, community centers, and ball fields.

**Understand the administration of intramural programs.**

Includes procedures for forming teams and leagues; officiating; purchasing equipment; organizing competitions; and safety and liability concerns.

**TEST OBJECTIVES**  
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**Identify basic principles and techniques of traditional and modern dance.**

Includes elements and techniques of folk dance, square dance, jazz dance, and modern dance.

**Understand recreational water activities and associated safety procedures.**

Includes swimming, boating, sailing, fishing, and safety rules and practices associated with water activities.

**Identify principles, equipment, and techniques of running, jogging, and exercise walking.**

Includes the types, techniques, and equipment used in walking, jogging, and running; and the physiological benefits of each.

**Understand summer outdoor recreational activities.**

Includes principles, techniques, and equipment used in hiking, camping, orienteering, bicycling, nature walking, etc.

**Understand winter outdoor recreational activities.**

Includes principles, techniques, and equipment used in skating, cross-country skiing, downhill skiing, sledding, and ice fishing.

**Identify basic techniques, skills, and rules involved in lifelong sports.**

Includes basic techniques, skills, and rules of golf, tennis, bowling, archery, and other lifelong sports.

**Understand basic elements of outdoor and nature education.**

Includes identification of insects, wild animals, trees, and wildflowers; environmental awareness and protection; outdoor safety; and outdoor activities.

**Identify recreational activities for special populations.**

Includes activities and modifications appropriate for persons with special interests or special needs.