

Field 213 – Physical Education

Alignment of Test Framework Objectives with State and National Standards

Illinois Licensure Testing System Framework Objectives for Physical Education	State Board of Education Rules-Title 23 of the Illinois Administrative Code – 27.270	Society of Health and Physical Educators National Physical Education Standards
Subarea I: Motor Skills and Movement Activities		
0001 Understand principles and critical elements of motor development and motor learning.	c1 A-D, c2 B-D, d1 A-B, d2 A-D, f2 A	1, 2
0002 Understand movement concepts, movement patterns, and biomechanical principles.	c1 C-D, c2 A-D, d1 A-B, d2 B	1, 2
0003 Understand principles and activities for developing students' locomotor, nonlocomotor, object control, rhythmic, creative movement, and dance skills.	c1 A-D, c2 B-D, d1 A-B, d2 A-D	1, 2
0004 Understand techniques, skill progressions, activities, organizational strategies, basic rules, etiquette, equipment, and safety practices for individual, dual, and team sports.	e1 A-B, f1 A-B, f2 A-E	1, 2, 3, 4
0005 Understand techniques, skill progressions, organizational strategies, basic rules, etiquette, equipment, and safety practices for lifelong sports, recreational activities, outdoor pursuits, and cooperative and group activities.	e1 C, g1 A-F, g2 A-D	1, 2, 3, 4
Subarea II: Health-Related Fitness		
0006 Understand physiology concepts related to physical activity and health, and principles and components of health-related fitness.	a1 A-D, a2 A-D, b1 A-B, b2 A-E	1, 2, 5
0007 Understand principles and activities for developing and maintaining healthy levels of cardiorespiratory endurance.	a1 A-D, a2 A-D, b1 A-B, b2 A-E	1, 2, 5
0008 Understand principles and activities for developing and maintaining muscular strength and endurance and joint flexibility.	a1 A-D, a2 A-D, b1 A-B, b2 A-E	1, 2, 5
0009 Understand principles of nutrition and activities for developing and maintaining healthy levels of body composition.	a1 A-D, a2 A-C, b1 A-B, b2 A-E	1, 2

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Subarea III: Student Growth, Development, and Learning		
0010 Understand how students learn and develop physically, cognitively, socially, and emotionally.	b1 A, c1 B, d1 B, e1 A-C, e2 B-D, g2 F	1, 3, 4
011 Understand the role of physical activity in the development of positive personal and social attitudes and behaviors.	e1 A-C, e2 B-D	1, 4
012 Understand the role of physical education in the development of critical thinking, goal-setting, problem-solving, decision-making, and conflict-resolution skills.	e2 A-B, g2 E-F	1, 4
013 Understand principles and methods of instructional management and motivation in physical education settings.	i2 D, j1 B-C, k1 A-D, k2 A-C	3, 4
Subarea IV: The Physical Education Program		
014 Understand physical education curriculum development and evaluation of physical education programs.	a2 B; h1 A-B; h2 A-B; i1 A-D; i2 A-B, E-F; j1 A-B	1, 3
015 Understand how to plan, develop, and implement developmentally appropriate instructional strategies in the physical education program.	j2 A-B, E-F	3, 4
016 Understand the use of formative and summative assessment strategies to evaluate students' learning and progress in the physical education program.	b1 B-C; b2 A-B; g2 G; j2 C-D, G	5
017 Understand legal, professional, and ethical issues and responsibilities in physical education.	i2C, i2C	6
018 Understand principles and procedures for effective advocacy, communication, and collaboration in the physical education program.	i2C, i2C	6