

# MISSOURI EDUCATOR GATEWAY ASSESSMENTS

## Field 041 Health

### Content Alignment Table

The Content Alignment Study below provides information about the alignment of knowledge and skills described in the competencies that make up the test framework for this licensure test with the state and national standards designated by the Department of Elementary and Secondary Education for this field. The table indicates those portions of the relevant state and/or national standards that are addressed -- in whole or in part -- by each competency.

Test Competency	Missouri Department of Elementary and Secondary Education. (Spring 2007). Health Education Grade-Level Expectations.	SHAPE America – Society of Health and Physical Educators. National Standards for Initial Health Education Teacher Education (2018).
<b>Healthy Growth and Development</b>		
0001 Understand the functioning and interrelationships of body systems and major stages of growth and development.	FS1A–L; ME1A–C; ME4C; RA1B; RA3C	1.a, 1.b
0002 Understand the nature of disease, factors and behaviors that increase and decrease susceptibility to disease, and benefits of personal health and wellness practices.	ME1A–B; ME2A–B, ME2D; ME3B–C; RA1A–F; RA3C	1.a–d; 5.b, 5.d, 5.e
0003 Understand core principles of nutrition and the importance of establishing healthy eating patterns.	ME1A–B; ME2A–C, ME2E; ME3A	1.a–d; 2.d–f; 3.a–c; 4.a; 5.d, 5.e
0004 Understand the benefits of physical activity and principles and components of health-related physical fitness.	ME1A–B, ME1D; ME2E; RA2C	1.a–d; 2.d–f; 3.a–c; 4.a, 5.d, 5.e
<b>Social, Emotional, and Mental Health</b>		
0005 Understand principles and skills related to managing stress and maintaining mental and emotional health.	FS2.A–C; ME1A–B; ME4A, ME4C–D	1.a–d; 2.d–f; 3.a–c; 5.d, 5.e
0006 Understand factors, issues, and concepts related to sexual health and reproductive health, as well as how to foster students' ability to abstain from, avoid, and prevent sexual risk behaviors.	FS1K; FS2A; ME1A–C; ME4A–B, ME4E; RA1A–F; RA2A	1.a–d; 2.d– f; 3.a–c; 5.b, 5.d, 5.e

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0007 Understand types and characteristics of interpersonal communication and relationships, as well as how to foster students' ability to use interpersonal communication skills to avoid health risks and maintain healthy relationships.	FS2A–C; ME4A–C, ME4E	1.a–d; 2.d–f; 3.a–c; 5.d, 5.e
<b>Safety and Risk Reduction</b>		
0008 Understand principles and skills for maintaining safety; preventing accidents, injuries, and violence; and responding to emergencies.	ME1A; ME3C; ME4A–B, ME4E; RA2A–D	1.a–d; 2.d–f; 3.a–c; 5.c–d
0009 Understand health risks associated with the use of alcohol, tobacco, and other drugs, as well as how to foster students' ability to avoid alcohol, tobacco, and other drugs.	ME1A; ME3A; ME4A–B; RA1A; RA3A–C; RA4A	1.a–d; 2.d–f; 3.a–c; 5.a–e
0010 Understand the role of decision making and goal setting in implementing, evaluating, and sustaining healthy behaviors, as well as how to foster students' ability to use decision-making and goal-setting skills to enhance personal and family health.	FS2A–B; ME1A–B; ME4A–D	1.a–d; 2.d–f; 3.a–c; 5.c–e
<b>Health Education, Literacy, and Advocacy</b>		
0011 Understand principles and techniques for locating, evaluating, and accessing valid health information, products, and services and the role of advocacy skills and resources in promoting personal, family, and community health.	ME2A–D; ME3A–C; RA3B–C	1.a–d; 2.d–f; 3.a–c; 5.a–f

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0012 Understand the influence of family, peers, society, culture, media, technology, and the environment on personal, family, and community health.	FS2A–B; ME3A–C; RA3C; RA4A–B	1.a–d; 2.d–f; 3.a–c; 5a–f
0013 Understand instructional, assessment, and professional practices associated with a coordinated school health program (CSHP) and a comprehensive health education curriculum.		1.a–d; 2.a–f; 3.a–e; 4.a–c; 5.a–f