

**PROGRAM FOR LICENSING ASSESSMENTS
FOR COLORADO EDUCATORS® (PLACE®)
OBJECTIVES
FIELD 031: HEALTH**

Subareas

Physical Health
Mental Health
Social Health
Community Health

PHYSICAL HEALTH

Understand the stages of physical growth and development.

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

Understand pregnancy and childbirth.

Includes signs and symptoms of pregnancy; stages and characteristics of physical changes during pregnancy; ways in which a pregnant woman can affect the health of a developing fetus; and stages and characteristics of labor and the birth process.

Understand heredity.

Includes basic principles of genetics; factors that may affect heredity; differences between hereditary factors and environmental influences; and hereditary disorders and their characteristics.

Understand aging and death.

Includes the stages, characteristics, and social and emotional factors involved in the aging process; methods of care for the terminally ill; and aspects of death, dying, and grieving among various cultures and traditions in society.

Understand communicable diseases.

Includes communicable diseases and their signs, symptoms, causes, transmission mechanisms, treatment, and prevention; and historical and contemporary epidemics and their effects on society.

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OBJECTIVES

FIELD 031: HEALTH

Understand noncommunicable diseases.

Includes noncommunicable diseases and their signs, symptoms, causes, treatment, means of detection, methods for prevention, and effects on society.

Understand food and nutrition.

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

Analyze nutritional requirements.

Includes specific nutritional and caloric intake requirements for different age groups; and the influence of various factors on nutritional requirements.

Understand health problems involving nutrition.

Includes healthful eating habits; causes, characteristics, and effects of obesity and malnutrition; the effects of diets that include excessive use of sodium, sugar, cholesterol, or fats; the effects of specific nutritional deficiencies; and the causes, symptoms, and treatment of eating disorders.

Understand dental health and care.

Includes healthful dental care habits affecting plaque control; the causes and characteristics of dental problems and diseases; types and characteristics of dental procedures for correcting and preventing dental problems; and nutritional requirements for good dental health.

Understand the role of rest and exercise in maintaining good health.

Includes the characteristics and benefits of different types of exercise; the sleep and exercise requirements for different age groups; the role of exercise in weight control; and the relationship between exercise and health.

Understand the principles of wellness.

Includes the components of physical, social, and emotional wellness; the design of an individual wellness plan; and the relationship between mental and physical wellness and illness.

MENTAL HEALTH

Understand emotional development.

Includes basic human needs related to emotional development; stages and characteristics of infancy, childhood, adolescence, and adulthood; and the development of self-concept.

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Understand stress.

Includes types, characteristics, and potential consequences of eustress and distress affecting adolescents and adults; and examples and characteristics of mechanisms for coping with stress (including defense mechanisms).

Understand the decision-making process.

Includes steps in the decision-making process and their application to health-related problems.

Understand mental disorders.

Includes mental and emotional disorders and their symptoms; and techniques for prevention.

Understand 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.

Identify types of substances and their effects.

Includes types of stimulants and depressants (including over-the-counter drugs), hallucinogens, and narcotics, and their effects.

Understand the use, misuse, and abuse of alcohol.

Includes the physical, emotional, and psychological influences and effects of alcohol use on the user and others; and types and characteristics of agencies and treatment programs concerned with the use of alcohol.

Understand the use, misuse, and abuse of tobacco.

Includes the physical, emotional, and psychological influences and effects of tobacco use (cigarette smoking and smokeless tobacco) on the user and others.

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

Includes characteristics of psychological and physical substance dependency; common characteristics and behaviors of people using specific kinds of drugs; emotional and psychological causes and effects of drug use on the user and others; and types and characteristics of agencies and treatment programs concerned with drug use and abuse.

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SOCIAL HEALTH

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 and reproduction.

Includes characteristics and stages of sexual development in males and females; and physiological processes involved in reproduction.

Understand consumer fraud and deception in health-related areas.

Includes examples and characteristics of health quackery and consumer fraud in health-related areas; techniques used in advertising health products; and the effects of health advertising.

Analyze choices related to health-care services, professionals, and agencies.

Includes the responsibilities of health-care providers; situations in which health-care services may be needed; and factors that influence the choice of health-care services (public and private).

Apply consumer skills in health-related areas.

Includes comparison shopping skills for health-care products; interpretation of signs, symbols, and product labels; types and characteristics of health insurance; and health-related government agencies and the services they provide.

Understand child abuse and abduction.

Includes the causes, indications, emotional and psychological effects, and prevention of child abuse and abduction; and types and characteristics of agencies and programs that deal with child abuse and abduction.

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

Includes the characteristics and prevention of sexual harassment, abuse, and rape; 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.

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COMMUNITY HEALTH

Identify environmental health hazards.

Includes characteristics 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 of accidents and methods of preventing accidents.

Includes common causes of accidents and accident-prevention methods.

Understand procedures for emergencies involving breathing and choking.

Includes situations requiring and procedures for administering CPR, mouth-to-mouth resuscitation, and care for choking.

Understand procedures for emergencies involving bleeding, shock, and physical injuries.

Includes first aid procedures for bleeding, shock, and various other physical injuries.

Identify safety requirements and procedures.

Includes requirements and procedures for safety in the home, schools, recreation, and sports.

Identify community health agencies and services.

Includes types of agencies, facilities, and professionals that provide medical care, mental health care, and emergency medical assistance; and the services they provide.