



**OSAT Physical Education/Health/Safety (012)
Secrets Study Guide: CEOE Exam Review for the
Certification Examinations for Oklahoma
Educators / Oklahoma Subject Area Tests**

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*****Includes Practice Test Questions*****

Get the test prep help you need to be successful on the OSAT Physical Education/Health/Safety test.

The OSAT Physical Education/Health/Safety (012) is extremely challenging and thorough test preparation is essential for success. *OSAT Physical Education/Health/Safety Exam Secrets Study Guide* is the ideal prep solution for anyone who wants to pass the OSAT Physical Education/Health/Safety Exam.

Not only does it provide a comprehensive guide to the OSAT Physical Education/Health/Safety Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

OSAT Physical Education/Health/Safety (012) Secrets Study Guide includes:

- A detailed overview of the OSAT Physical Education/Health/Safety (012)
- A thorough review of growth and development
- An in-depth look at health concepts
- An analysis of health-related physical fitness
- A guide to foundation of movement and sport activities
- An examination of instruction, assessment, and professional knowledge
- Comprehensive practice questions with detailed answer explanations

It's filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the Oklahoma Commission for Teacher Preparation (OTCP) expects you to have mastered before sitting for the exam.

The Growth and Development section covers:

- United States department of agriculture nutrition
- Vitamins and minerals
- Alcohol standards
- Alcoholism, tobacco, and nicotine
- Drug abuse

The Health Concepts section covers:

- Aging
- Medical assistance
- HIV

- Cardiovascular health
- Female anatomy
- Marital difficulties

The Health-Related Physical Fitness section covers:

- Flexibility
- Muscle groups
- Exercise
- Principles of movement

The Foundation of Movement and Sport Activities section covers:

- Manipulative movements
- Body movements
- Dance
- Gymnastics
- Sports

The Instruction, Assessment, and Professional Knowledge section covers:

- Physical education classes
- Basic first-aid
- Physical educators

These sections are full of specific and detailed information that will be key to passing the OSAT Physical Education/Health/Safety Exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language.

Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual OSAT Physical Education/Health/Safety Exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear.

We've helped thousands of people pass standardized tests and achieve their education and career goals. We've done this by setting high standards for our test preparation guides, and our *OSAT Physical Education/Health/Safety Exam Secrets Study Guide* is no exception. It's an excellent investment in your future.

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