CSET: Physical Education consists of three separate subtests, each composed of both multiple-choice and constructed-response questions. Each subtest is scored separately.

The structure of the examination is shown in the table below.

<table>
<thead>
<tr>
<th>Subtest</th>
<th>Domains</th>
<th>Number of Multiple-Choice Questions</th>
<th>Number of Constructed-Response Questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Growth, Motor Development, and Motor Learning</td>
<td>20</td>
<td>1 short (focused)</td>
</tr>
<tr>
<td></td>
<td>The Science of Human Movement</td>
<td>20</td>
<td>1 short (focused)</td>
</tr>
<tr>
<td></td>
<td>Subtest Total</td>
<td>40</td>
<td>2 short (focused)</td>
</tr>
<tr>
<td>II</td>
<td>The Sociology and Psychology of Human Movement</td>
<td>10</td>
<td>1 short (focused)</td>
</tr>
<tr>
<td></td>
<td>Movement Concepts and Forms</td>
<td>24</td>
<td>1 short (focused)</td>
</tr>
<tr>
<td></td>
<td>Assessment and Evaluation Principles</td>
<td>6</td>
<td>none</td>
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<td></td>
<td>Subtest Total</td>
<td>40</td>
<td>2 short (focused)</td>
</tr>
<tr>
<td>III</td>
<td>Professional Foundations</td>
<td>16</td>
<td>none</td>
</tr>
<tr>
<td></td>
<td>Integration of Concepts</td>
<td>24</td>
<td>1 extended</td>
</tr>
<tr>
<td></td>
<td>Subtest Total</td>
<td>40</td>
<td>1 extended</td>
</tr>
</tbody>
</table>
Annotated List of Resources for CSET: Physical Education

This list identifies some resources that may help candidates prepare to take CSET: Physical Education. While not a substitute for coursework or other types of teacher preparation, these resources may enhance a candidate's knowledge of the content covered on the examination. The references listed are not intended to represent a comprehensive listing of all potential resources. Candidates are not expected to read all of the materials listed below, and passage of the examination will not require familiarity with these specific resources. When available, a brief summary is provided for the reference cited. Resources are organized alphabetically and by content domain in subtest order.

Growth, Motor Development, and Motor Learning


Provides foundational content knowledge in locomotor and manipulative skills. Topics include rolling, throwing, catching, passing, dribbling, striking, and kicking and punting.


Designed to provide verbal teaching cues and alternate teaching cues and point out common errors in a variety of sports.


Includes the skills and techniques that successful teachers use to make their classes more interesting and developmentally appropriate. A reference for K–5 teachers and physical education department chairs and administrators.


Shows students and practitioners how to apply basic business management principles to a variety of health promotion programs.


Provides step-by-step techniques for teaching physical education while navigating through today's challenging educational terrain.


Explains theory of exercise science and physical education with application and performance models to increase understanding of classroom learning.


Addresses many factors that affect the quality of movement behaviors and the ease with which they can be learned.

Emphasizes attitude change, inclusion, and psychosocial perspectives for understanding individual differences.


Shows how sport can help students learn fair play, leadership skills, and self-responsibility, in addition to becoming competent players. Also shows physical educators how to implement effective sport education programs to achieve these goals.


Provides analysis of research with particular emphasis on the methods and paradigms employed and the future direction of their work.


Takes a research approach and offers a user-friendly technique to applicable teaching modalities for physical education for grades K–8.


Provides a thorough introduction for students preparing to work with individuals with disabilities in a variety of settings.

### The Science of Human Movement


A collection of essays that examine the relationship between sport and gender.


Brings conventional business management principles and operational guidelines to the unconventional business of health and fitness.


Integrates aspects of functional anatomy, physics, calculus, and physiology into a comprehensive discussion of human movement.

These three books provide a wealth of health and fitness information and can be a resource for classroom teachers with limited backgrounds in physical education.


Shows students and practitioners how to apply basic business management principles to a variety of health promotion programs.


Provides coverage of fitness assessment concepts, hands-on prescription applications, and a thorough preparation for ACSM certification exams.


Presents a framework for studying workplace health promotion and reviews significant work in the field over the last decade.


Includes specific chapters on playing, learning, and running.


Reports on the health and activity level of the nation. Identifies the effect of physical activity on health and disease, as well as trends and patterns in U.S. adults.


A beginning text for students in physical education and psychology.


This book presents a framework for implementing health-related fitness education. It is useful for students preparing for careers in physical education as well as for veteran teachers.


A textbook for an undergraduate or a graduate course, emphasizing how the body responds to the high physiological demands of physical activity.
The Sociology and Psychology of Human Movement


Discusses the role of sport in society, encourages discussion of current sports-related controversies, and helps students develop critical-thinking skills.


A sociological, analytical, and critical text focusing on the role of sport in U.S. and Canadian societies.


A guide for ethical behavior in sports contestants. Good for anyone concerned with ethics in sport.


A collection of biographies on key figures in physical education.


The origins of our games and pastimes, how they developed, and what they have meant to Americans.


Includes the skills and techniques that successful teachers use to make their classes more interesting and developmentally appropriate. A reference for K–5 teachers and physical education department chairs and administrators.


Brings conventional business management principles and operational guidelines to the unconventional business of health and fitness.


This text guides teachers in using physical activity to foster personal and social responsibility.


Gives a comprehensive and up-to-date review of the major trends in sport psychology.


A guide to help students and professionals develop a personal philosophy of sport.

Explains how play, games, sport, and physical education evolved in western civilization.


This text is geared for upper-division undergraduate and graduate students and covers a variety of sport philosophy issues.


Provides step-by-step techniques for teaching physical education while navigating through today's challenging educational terrain.


An analytic history of American sports from the colonial era to the present.


Shows how sport can help students learn fair play, leadership skills, and self-responsibility, in addition to becoming competent players. Also shows physical educators how to implement effective sport education programs to achieve these goals.


Takes a research approach and offers a user-friendly technique to applicable teaching modalities for physical education for grades K–8.


Reports on the health and activity level of the nation. Identifies the effect of physical activity on health and disease, as well as trends and patterns in U.S. adults.


This text addresses sports philosophy and provides a good literary criticism of general recreation.


This book presents a framework for implementing health-related fitness education. It is useful for students preparing for careers in physical education as well as for veteran teachers.
Strategies and techniques designed to help future coaches and sport psychologists cultivate peak performances through recent advances in sport psychology.


A textbook for an undergraduate or a graduate course, emphasizing how the body responds to the high physiological demands of physical activity.

**Movement Concepts and Forms**


A collection of essays that examine the relationship between sport and gender.


Provides foundational content knowledge in locomotor and manipulative skills. Topics include rolling, throwing, catching, passing, dribbling, striking, and kicking and punting.


A guide for ethical behavior in sports contestants. Good for anyone concerned with ethics in sport.


Designed to provide verbal teaching cues and alternate teaching cues and point out common errors in a variety of sports.


Includes the skills and techniques that successful teachers use to make their classes more interesting and developmentally appropriate. A reference for K–5 teachers and physical education department chairs and administrators.


This text provides an in-depth approach to the theory base of physical education. A great reference for skill analysis and lesson creation, applicable to grades K–12.


Gives a comprehensive and up-to-date review of the major trends in sport psychology.
Physical Education


Shows students and practitioners how to apply basic business management principles to a variety of health promotion programs.


Provides step-by-step techniques for teaching physical education while navigating through today's challenging educational terrain.


Explains theory of exercise science and physical education with application and performance models to increase understanding of classroom learning.


Includes specific chapters on playing, learning, and running.


Emphasizes attitude change, inclusion, and psychosocial perspectives for understanding individual differences.


Shows how sport can help students learn fair play, leadership skills, and self-responsibility, in addition to becoming competent players. Also shows physical educators how to implement effective sport education programs to achieve these goals.


Takes a research approach and offers a user-friendly technique to applicable teaching modalities for physical education for grades K–8.


Reports on the health and activity level of the nation. Identifies the effect of physical activity on health and disease, as well as trends and patterns in U.S. adults.


A beginning text for students in physical education and psychology.
This book presents a framework for implementing health-related fitness education. It is useful for students preparing for careers in physical education as well as for veteran teachers.


Strategies and techniques designed to help future coaches and sport psychologists cultivate peak performances through recent advances in sport psychology.


A textbook for an undergraduate or a graduate course, emphasizing how the body responds to the high physiological demands of physical activity.


Provides a thorough introduction for students preparing to work with individuals with disabilities in a variety of settings.

**Assessment and Evaluation Principles**


Designed to provide verbal teaching cues and alternate teaching cues and point out common errors in a variety of sports.


Includes the skills and techniques that successful teachers use to make their classes more interesting and developmentally appropriate. A reference for K–5 teachers and physical education department chairs and administrators.


The text provides an in-depth approach to the theory base of physical education. A great reference for skill analysis and lesson creation, applicable to grades K–12.


Provides coverage of fitness assessment concepts, hands-on prescription applications, and a thorough preparation for ACSM certification exams.

Provides step-by-step techniques for teaching physical education while navigating through today's challenging educational terrain.


Shows how sport can help students learn fair play, leadership skills, and self-responsibility, in addition to becoming competent players. Also shows physical educators how to implement effective sport education programs to achieve these goals.


Provides analysis of research with particular emphasis on the methods and paradigms employed and the future direction of their work.


A beginning text for students in physical education and psychology.

**Professional Foundations**


A collection of essays that examine the relationship between sport and gender.


Frameworks are developed by the Curriculum Development and Supplemental Materials Commission, which also reviews and recommends textbooks and other instructional materials to be adopted by the State Board. Can be found at [http://www.cde.ca.gov/cfir/index.asp](http://www.cde.ca.gov/cfir/index.asp).


Discusses the role of sport in society, encourages discussion of current sports-related controversies, and helps students develop critical-thinking skills.


A sociological, analytical, and critical text focusing on the role of sport in U.S. and Canadian societies.


A guide for ethical behavior in sports contestants. Good for anyone concerned with ethics in sport.

A collection of biographies on key figures in physical education.


This text provides an in-depth approach to the theory base of physical education. A great reference for skill analysis and lesson creation, applicable to grades K–12.


Brings conventional business management principles and operational guidelines to the unconventional business of health and fitness.


This text guides teachers in using physical activity to foster personal and social responsibility.


An introductory text for undergraduate students of the study of physical activity.


These three books provide a wealth of health and fitness information and can be a resource for classroom teachers with limited backgrounds in physical education.


A guide to help students and professionals develop a personal philosophy of sport.


The text is geared for upper-division undergraduate and graduate students and covers a variety of sport philosophy issues.


Presents a framework for studying workplace health promotion and reviews significant work in the field over the last decade.


Provides step-by-step techniques for teaching physical education while navigating through today's challenging educational terrain.

Explains theory of exercise science and physical education with application and performance models to increase understanding of classroom learning.


An analytic history of American sports from the colonial era to the present.


Examines the idea of wellness extending beyond just physical health.


Shows how sport can help students learn fair play, leadership skills, and self-responsibility, in addition to becoming competent players. Also shows physical educators how to implement effective sport education programs to achieve these goals.


Reports on the health and activity level of the nation. Identifies the effect of physical activity on health and disease, as well as trends and patterns in U.S. adults.


This text addresses sports philosophy and provides a good literary criticism of general recreation.


Shows students and practitioners how to apply basic business management principles to a variety of health promotion programs.

**Integration of Concepts**


Frameworks are developed by the Curriculum Development and Supplemental Materials Commission, which also reviews and recommends textbooks and other instructional materials to be adopted by the State Board. Can be found at [http://www.cde.ca.gov/cfir/index.asp](http://www.cde.ca.gov/cfir/index.asp).

Provides foundational content knowledge in locomotor and manipulative skills. Topics include rolling, throwing, catching, passing, dribbling, striking, and kicking and punting.


Designed to provide verbal teaching cues and alternate teaching cues and point out common errors in a variety of sports.


A collection of biographies on key figures in physical education.


The origins of our games and pastimes, how they developed, and what they have meant to Americans.


Includes the skills and techniques that successful teachers use to make their classes more interesting and developmentally appropriate. A reference for K–5 teachers and physical education department chairs and administrators.


The text provides an in-depth approach to the theory base of physical education. A great reference for skill analysis and lesson creation, applicable to grades K–12.


This text guides teachers in using physical activity to foster personal and social responsibility.


A guide to help students and professionals develop a personal philosophy of sport.


Explains how play, games, sport, and physical education evolved in western civilization.


Provides step-by-step techniques for teaching physical education while navigating through today's challenging educational terrain.
Physical Education


Explains theory of exercise science and physical education with application and performance models to increase understanding of classroom learning.


An analytic history of American sports from the colonial era to the present.


Emphasizes attitude change, inclusion, and psychosocial perspectives for understanding individual differences.


Shows how sport can help students learn fair play, leadership skills, and self-responsibility, in addition to becoming competent players. Also shows physical educators how to implement effective sport education programs to achieve these goals.


Provides analysis of research with particular emphasis on the methods and paradigms employed and the future direction of their work.


A history of the study of sport and physical education.


Takes a research approach and offers a user-friendly technique to applicable teaching modalities for physical education for grades K–8.


This text addresses sports philosophy and provides a good literary criticism of general recreation.


This book presents a framework for implementing health-related fitness education. It is useful for students preparing for careers in physical education as well as for veteran teachers.
Strategies and techniques designed to help future coaches and sport psychologists cultivate peak performances through recent advances in sport psychology.


Provides a thorough introduction for students preparing to work with individuals with disabilities in a variety of settings.

**Other Resources of Interest**


