



# **Praxis II Health Education (5551) Exam Secrets Study Guide: Praxis II Test Review for the Praxis II: Subject Assessments (Mometrix Secrets Study Guides)**

*Praxis II Exam Secrets Test Prep Team*

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**\*\*\*Includes Practice Test Questions\*\*\*** Get the test prep help you need to be successful on the Praxis II Health Education test. The Praxis II Health Education (5551) Exam is extremely challenging and thorough test preparation is essential for success. *Praxis II Health Education (5551) Exam Secrets Study Guide* is the ideal prep solution for anyone who wants to pass the Praxis II Health Education Exam. Not only does it provide a comprehensive guide to the Praxis II Health Education Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer. *Praxis II Health Education (5551) Exam Secrets Study Guide* includes:

- A thorough overview of the Praxis II Health Education (5551) Exam
- A guide to health education as a discipline
- An analysis of health promotion and prevention of injury and disease
- A breakdown of the healthy relationships and mental and emotional health
- An in-depth look at community health and advocacy
- A detailed review of health education pedagogy
- 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 Educational Testing Service (ETS) expects you to have mastered before sitting for the exam. **The Health Education as a Discipline section covers:**

- Stage-of-change approach to substance abuse treatment
- Valid, reliable online databases
- Publications and other resources for coordinated school health approaches
- Physical growth and development
- Continuing education

**The Health Promotion and Prevention of Injury and Disease section covers:**

- Disease etiology
- Sarcomere hypertrophy
- Major muscles, locations and functions
- Health effects and risks from smoking tobacco
- Prescription drug abuse
- Emergency situations and guidelines for calling 911

**The Healthy Relationships and Mental and Emotional Health section covers:**

- Murray Bowen's family systems theory and the nuclear family emotional system
- Big Five theory of personality traits
- Piaget's theory of cognitive development
- Assertiveness
- Taking care of ourselves to promote good mental and emotional health

**The Community Health and Advocacy section covers:**

- Influencing public policy to improve community healthcare
- Basic characteristics, services, and types of community health centers
- National Health Education Standards
- Health educators serving as liaisons

**The Health Education Pedagogy section covers:**

- Characteristics of Piaget s preoperational cognitive stage
- Statutory requirements for health education (HE) curriculum of each US state
- Characteristics, uses, and types of formative assessments
- Typical characteristics of a rubric

These sections are full of specific and detailed information that will be key to passing the Praxis II Health Education 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.

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