

Alignment of Texas Pre–Admission Content Test (PACT) Health: Early Childhood–Grade 12 (757) Framework with Texas Essential Knowledge and Skills

This alignment study identifies the Texas Essential Knowledge and Skills that are addressed in whole or in part by each competency of the exam framework. An indication of alignment does not necessarily imply complete congruence of the content of an exam competency with the relevant standard. The information in this document is subject to change if revisions are made to the exam framework. Any changes will fully supersede the information contained in this document.

Competencies		Texas Essential Knowledge and Skills
Field 757: TX PACT: Health: Early Childhood–Grade 12		Texas Essential Knowledge and Skills for Health Education
<u>Content Domain I</u>		
HEALTH THROUGHOUT THE LIFE SPAN		
001	Understand principles of human anatomy and physiology and stages of growth and development.	<p>Elementary: 115.2 b 4; 115.3 b 4; 115.4 b 3; 115.5 b 4; 115.6 b 2; 115.7 b 2 Health information. The student recognizes the basic structures and functions of the human body and how they relate to personal health throughout the life span.</p> <p>Middle School: 115.22 b 2; 115.23 b 2 Health information. The student recognizes ways that body structure and function relate to personal health throughout the life span.</p> <p>High School: 115.32 b 6 Health behaviors. The student assesses the relationship between body structure and function and personal health throughout the life span.</p>
002	Understand the importance of proper nutrition for maintaining lifelong health.	<p>Elementary: 115.2 b 1; 115.3 b 1; 115.4 b 1; 115.5 b 1 Health behaviors. The student recognizes that personal health decisions and behaviors affect health throughout life.</p> <p>115.6 b1 Health information. The student recognizes ways to enhance and maintain health throughout the life span.</p> <p>115.7 b 1 Health information. The student knows ways to enhance and maintain personal health throughout the life span.</p>

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		<p>Middle School:</p> <p>115.22 b 1; 115.23 b 1 Health information. The student comprehends ways to enhance and maintain personal health throughout the life span.</p> <p>High School:</p> <p>115.32 b 1 Health information. The student analyzes health information and applies strategies for enhancing and maintaining personal health throughout the life span.</p>
003	Understand principles, components, and benefits of health–related physical fitness.	<p>Elementary:</p> <p>115.5 b 1 Health behaviors. The student recognizes that personal health decisions and behaviors affect health throughout life.</p> <p>115.6 b 1 Health information. The student recognizes ways to enhance and maintain health throughout the life span.</p> <p>Middle School:</p> <p>115.22 b 1 Health information. The student comprehends ways to enhance and maintain personal health throughout the life span.</p> <p>High School:</p> <p>115.32 b 1 Health information. The student analyzes health information and applies strategies for enhancing and maintaining personal health throughout the life span.</p>
<p><u>Content Domain II</u></p> <p>HEALTH PROMOTION AND RISK REDUCTION</p>		
004	Understand the nature, control, and prevention of illness and disease.	<p>Elementary:</p> <p>115.2 b 6 Influencing factors. The student understands the difference between being sick and being healthy.</p> <p>115.3 b 7 Influencing factors. The student understands the difference between sickness and health in people of all ages.</p>

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		<p>115.5 b 3 Health behaviors. The student knows and engages in behaviors that prevent disease and speed recovery from illness.</p> <p>155.5 b 6 Influencing factors. The student understands factors that influence individual and community health.</p> <p>115.7 b 4 Health behaviors. The student recognizes behaviors that prevent disease and speed recovery from illness.</p>
		<p>Middle School:</p> <p>115.22 b 3 Health information. The student comprehends and utilizes concepts relating to health promotion and disease prevention.</p> <p>115.22 b 7 Health behaviors. The student engages in behaviors that reduce health risks throughout the life span.</p>
		<p>High School:</p> <p>115.32 b 1 Health information. The student analyzes health information and applies strategies for enhancing and maintaining personal health throughout the life span.</p> <p>115.32 b 2 Health information. The student is health literate in disease prevention and health promotion throughout the life span.</p> <p>115.32 b 7 Health behaviors. The student analyzes the relationship between unsafe behaviors and personal health and develops strategies to promote resiliency throughout the life span.</p> <p>115.32 b 8 Health behaviors. The student analyzes health information and applies decision-making skills to promote the development and practice of safe behaviors.</p> <p>115.33 c 2 Health information. The student researches and analyzes information in the management of health promotion and disease prevention.</p> <p>115.33 c 7 Health behaviors. The student generates strategies that address health-risk behaviors.</p>
005		Elementary:

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	Understand principles and strategies for reducing risks to personal health.	<p>115.6 b 2 Health behaviors. The student recognizes and performs behaviors that reduce health risks throughout the life span.</p> <p>115.6 b 4 Health behaviors. The student understands and engages in behaviors that reduce health risks throughout the life span.</p> <p>115.7 b 5 Health behaviors. The student comprehends behaviors that reduce health risks throughout the life span.</p>
		<p>Middle School:</p> <p>115.22 b 6 Health information. The student comprehends ways of applying health information related to prescription and over-the-counter drugs to reduce health risks to the body functions and organs for a life span.</p> <p>115.22 b 7 Health behaviors. The student engages in behaviors that reduce health risks throughout the life span.</p> <p>115.22 b 14 Bullying prevention. The student engages in behaviors that reduce the risk of bullying throughout the life span.</p> <p>115.23 b 3 Health information. The student comprehends and utilizes concepts relating to health promotion and disease prevention throughout the life span.</p> <p>115.23 b 5 Health information. The student comprehends ways of applying health information related to prescription and over-the-counter drugs to reduce health risks to the body systems and functions for a life span.</p>
		<p>High School:</p> <p>115.32 b 17 Personal/interpersonal skills. The student synthesizes information and applies critical-thinking, decision-making, and problem-solving skills for making health-promoting decisions throughout the life span.</p> <p>115.33 b 7 Health behaviors. The student generates strategies that address health-risk behaviors.</p>
006	Understand factors that influence interpersonal and family relationships and strategies for promoting healthy relationships.	<p>Elementary:</p> <p>115.2 b 8 Personal/interpersonal skills. The student understands ways to communicate consideration and respect for self, family, friends, and others.</p>

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		<p>115.2 b 9 Personal/interpersonal skills. The student comprehends the skills necessary for building and maintaining healthy relationships.</p> <p>115.2 b 10; 115.3 b 11; 115.4 b 11 Personal/interpersonal skills. The student understands that bullying behaviors result in unhealthy conditions throughout the life span.</p> <p>115.3 b 9; 115.4 b 10; 115.5 b 10; 115.6 b 10 Personal/interpersonal skills. The student knows healthy and appropriate ways to communicate consideration and respect for self, family, friends, and others.</p> <p>115.3 b 10; 115.4 b 9 Personal/interpersonal skills. The student comprehends the skills necessary for building and maintaining healthy relationships.</p> <p>115.4 b 8 Influencing factors. The student understands how relationships influence personal health.</p> <p>115.4 b 11; 115.5 b 11; 115.6 b 11; 115.7 b 9 Personal/interpersonal skills. The student demonstrates critical-thinking, decision-making, goal-setting, and problem-solving skills for making health-promoting decisions.</p> <p>115.5 b 7 Influencing factors. The student comprehends ways in which media and technology influence individual and community health.</p> <p>115.5 b 8; 115.6 b 8 Personal/interpersonal skills. The student understands how relationships can positively and negatively influence individual and community health.</p> <p>115.5 b 9 Personal/interpersonal skills. The student uses social skills in building and maintaining healthy and respectful relationships.</p> <p>115.6 b 9 Personal/interpersonal skills. The student uses social skills for building and maintaining healthy relationships throughout the life span.</p> <p>115.7 b 6 Influencing factors. The student understands how relationships influence individual and family health including the skills necessary for building and maintaining relationships.</p> <p>115.7 b 8 Influencing factors. The student knows how various factors influence individual, family, and community health throughout the life span.</p>
		Middle School:

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	<p>115.22 b 9 Influencing factors. The student recognizes how relationships influence individual health behaviors including skills necessary for building and maintaining relationships.</p> <p>115.22 b 10 Influencing factors. The student comprehends how media and technology influence individual and community health.</p> <p>115.22 b 11 Influencing factors. The student differentiates between positive and negative family influences.</p> <p>115.22 b 12 Personal/interpersonal skills. The student describes healthy and respectful ways to communicate consideration and respect for self, family, friends, and others.</p> <p>115.22 b 13 Personal/interpersonal skills. The student analyzes information and applies critical-thinking, decision-making, goal-setting, and problem-solving skills for making health-promoting decisions.</p> <p>115.23 b 7 Influencing factors. The student understands how physical and social environmental factors can influence individual and community health throughout the life span.</p> <p>115.23 b 8 Influencing factors. The student investigates positive and negative relationships that influence individual, family, and community health.</p> <p>115.23 b 9 Influencing factors. The student researches ways in which media and technology influence individual and community health throughout the life span.</p> <p>115.23 b 10 Influencing factors. The student understands how social factors impact personal, family, community, and world health.</p> <p>115.23 b 11 Personal/interpersonal skills. The student recognizes and uses communication skills in building and maintaining healthy relationships.</p> <p>115.23 b 12 Personal/interpersonal skills. The student understands, analyzes, and applies healthy ways to communicate consideration and respect for self, family, friends, and others.</p> <p>115.23 b 13 Personal/interpersonal skills. The student analyzes information and applies critical-thinking, decision-making, goal-setting, and problem-solving skills for making health-promoting decisions.</p>

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	<p>High School:</p> <p>115.32 b 9 Influencing factors. The student analyzes the effect of relationships on health behaviors.</p> <p>115.32 b 10 Influencing factors. The student differentiates between positive and negative family influences.</p> <p>115.32 b 12 Influencing factors. The student understands how to access school and community health services for people of all ages.</p> <p>115.32 b 14 Personal/interpersonal skills. The student analyzes, designs, and evaluates communication skills for building and maintaining healthy relationships throughout the life span.</p> <p>115.32 b 15; 115.33 c 13 Personal/interpersonal skills. The student analyzes, designs, and evaluates strategies for expressing needs, wants, and emotions in healthy ways.</p> <p>115.32 b 16; 115.33 c 14 Personal/interpersonal skills. The student appraises communication skills that show consideration and respect for self, family, friends, and others.</p> <p>115.32 b 17 Personal/interpersonal skills. The student synthesizes information and applies critical-thinking, decision-making, and problem-solving skills for making health-promoting decisions throughout the life span.</p> <p>115.32 b 18 Personal/interpersonal skills. The student applies strategies for advocating and evaluating outcomes for health issues.</p> <p>115.33 c 8 Influencing factors. The student researches and evaluates a variety of environmental factors that impact personal and community health.</p> <p>115.33 c 9 Influencing factors. The student assesses the impact of the economy on community and world health.</p> <p>115.33 c 10 Influencing factors. The student recognizes the importance of personal contributions to the health of the community.</p> <p>115.33 c 11 Influencing factors. The student understands issues related to community health services.</p>

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		<p>115.33 c 12 Influencing factors. The student investigates technological advances in the community that impact the health of individuals, families, and communities.</p> <p>115.33 c 16 Personal/interpersonal skills. The student applies strategies for advocating and evaluating outcomes for health issues.</p>
007	Understand principles, methods, and techniques for enhancing safety, preventing and treating injuries, avoiding danger, and responding to emergencies.	<p>Elementary:</p> <p>115.2 b 2 Health behaviors. The student understands that behaviors result in healthy or unhealthy conditions throughout the life span.</p> <p>115.2 b 9 Personal/interpersonal skills. The student comprehends the skills necessary for building and maintaining healthy relationships.</p> <p>115.3 b 2 Health behaviors. The student understands that safe, unsafe, and/or harmful behaviors result in positive and negative consequences throughout the life span.</p> <p>115.3 b 11; 115.4 b 12 Personal/interpersonal skills. The student understands that bullying behaviors result in negative consequences throughout the life span.</p> <p>115.4 b 2 Health behaviors. The student understands that safe, unsafe, and/or harmful behaviors result in positive and negative consequences throughout the life span.</p> <p>115.4 b 5 Health information. The student recognizes factors that influence the health of an individual.</p> <p>115.4 b 8 Influencing factors. The student understands how relationships influence personal health.</p> <p>115.5 b 1 Health behaviors. The student explains ways to enhance and maintain health throughout the life span.</p> <p>115.5 b 2 Health behaviors. The student recognizes and performs behaviors that reduce health risks throughout the life span.</p> <p>115.6 b 1; 115.7 b 1 Health information. The student recognizes ways to enhance and maintain health throughout the life span.</p>

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	<p>115.6 b 4 Health behaviors. The student understands and engages in behaviors that reduce health risks throughout the life span.</p> <p>115.7 b 5 Health behaviors. The student comprehends behaviors that reduce health risks throughout the life span.</p> <p>115.7 b 8 Influencing factors. The student knows how various factors influence individual, family, and community health throughout the life span.</p> <hr/> <p>Middle School:</p> <p>115.22 b 5 Health information. The student comprehends general health information related to prescription and over-the-counter drugs.</p> <p>115.22 b 6 Health information. The student comprehends ways of applying health information related to prescription and over-the-counter drugs to reduce health risks to the body functions and organs for a life span.</p> <p>115.22 b 7 Health behaviors. The student engages in behaviors that reduce health risks throughout the life span.</p> <p>115.22 b 8 Influencing factors. The student understands how factors in the environment influence individual and community health.</p> <p>115.22 b 9 Influencing factors. The student recognizes how relationships influence individual health behaviors including skills necessary for building and maintaining relationships.</p> <p>115.22 b 13 Personal/interpersonal skills. The student analyzes information and applies critical-thinking, decision-making, goal-setting, and problem-solving skills for making health-promoting decisions.</p> <p>115.23 b 6 Health behaviors. The student engages in behaviors that reduce health risks throughout the life span.</p> <hr/> <p>High School:</p> <p>115.32 b 2 Health information. The student is health literate in disease prevention and health promotion throughout the life span.</p> <p>115.32 b 7 Health behaviors. The student analyzes the relationship between unsafe behaviors and personal health and develops strategies to promote resiliency throughout the life span.</p>

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		<p>115.32 b 8 Health behaviors. The student analyzes health information and applies decision-making skills to promote the development and practice of safe behaviors.</p> <p>115.32 b 13 Influencing factors. The student understands situations in which people of all ages require professional health services.</p> <p>115.33 c 7 Health behaviors. The student generates strategies that address health-risk behaviors.</p> <p>115.33 c 10 Influencing factors. The student recognizes the importance of personal contributions to the health of the community.</p>
<p><u>Content Domain III</u> HEALTH ADVOCACY AND LITERACY</p>		
008	Understand how to use risk–assessment, conflict–resolution, goal–setting, decision–making, and advocacy skills to enhance health.	<p>Elementary:</p> <p>115.3 b 3 Health behaviors. The student demonstrates basic critical-thinking, decision-making, goal-setting, and problem-solving skills for making health-promoting decisions.</p> <p>115.4 b 11; 115.5 b 11; 115.6 b 11; 115.7 b 9 Personal/interpersonal skills. The student demonstrates critical-thinking, decision-making, goal-setting and problem-solving skills for making health-promoting decisions.</p> <p>115.6 b 2 Health behaviors. The student recognizes and performs behaviors that reduce health risks throughout the life span.</p> <p>115.6 b 4 Health behaviors. The student understands and engages in behaviors that reduce health risks throughout the life span.</p> <p>115.7 b 5 Health behaviors. The student comprehends behaviors that reduce health risks throughout the life span.</p> <p>Middle School:</p> <p>115.22 b 6 Health information. The student comprehends ways of applying health information related to prescription and over-the-counter drugs to reduce health risks to the body functions and organs for a life span.</p>

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		<p>115.22 b 7 Health behaviors. The student engages in behaviors that reduce health risks throughout the life span.</p> <p>115.22 b 13; 115.23 b 13 Personal/interpersonal skills. The student analyzes information and applies critical-thinking, decision-making, goal-setting, and problem-solving skills for making health-promoting decisions.</p> <p>115.22 b 14 Bullying prevention. The student engages in behaviors that reduce the risk of bullying throughout the life span.</p> <p>115.23 b 3 Health information. The student comprehends and utilizes concepts relating to health promotion and disease prevention throughout the life span.</p> <p>115.23 b 5 Health information. The student comprehends ways of applying health information related to prescription and over-the-counter drugs to reduce health risks to the body systems and functions for a life span.</p>
		<p>High School:</p> <p>115.32 b 17 Personal/interpersonal skills. The student synthesizes information and applies critical-thinking, decision-making, and problem-solving skills for making health-promoting decisions throughout the life span.</p> <p>115.33 b 7 Health behaviors. The student generates strategies that address health-risk behaviors.</p>
009	Understand principles and techniques for locating, evaluating, selecting, and accessing information, products, and services to enhance health.	<p>Elementary:</p> <p>115.2 b 5; 115.4 b 6 Health information. The student understands how to recognize health information.</p> <p>115.3 b 5 Health information. The student recognizes health information.</p> <p>115.6 b 3 Health information. The student knows how to access health information.</p> <p>115.7 b 3 Health information. The student knows how to utilize health information.</p>

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	<p>Middle School:</p> <p>115.22 b 4 Health information. The student comprehends ways of researching, accessing, and analyzing health information.</p> <p>115.22 b 5 Health information. The student comprehends general health information related to prescription and over-the-counter drugs.</p> <p>115.22 b 6 Health information. The student comprehends ways of applying health information related to prescription and over-the-counter drugs to reduce health risks to the body functions and organs for a life span.</p> <p>115.22 b 13; 115.23 b 13 Personal/interpersonal skills. The student analyzes information and applies critical-thinking, decision-making, goal-setting, and problem-solving skills for making health-promoting decisions.</p> <p>115.23 b 4 Health information. The student knows how to research, access, analyze, and use health information.</p> <p>115.23 b 5 Health information. The student comprehends ways of applying health information related to prescription and over-the-counter drugs to reduce health risks to the body systems and functions for a life span.</p> <p>115.23 b 6 Health behaviors. The student engages in behaviors that reduce health risks throughout the life span.</p> <p>115.23 b 13 Personal/interpersonal skills. The student analyzes information and applies critical-thinking, decision-making, goal-setting, and problem-solving skills for making health-promoting decisions.</p> <p>High School:</p> <p>115.32 b 1 Health information. The student analyzes health information and applies strategies for enhancing and maintaining personal health throughout the life span.</p> <p>115.32 b 2 Health information. The student is health literate in disease prevention and health promotion throughout the life span.</p> <p>115.32 b 5 Health information. The student understands how to evaluate health information for appropriateness.</p>

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		<p>115.32 b 8 Health behaviors. The student analyzes health information and applies decision-making skills to promote the development and practice of safe behaviors.</p> <p>115.32 b 11 Influencing factors. The student evaluates the effect of a variety of environmental factors on community and world health.</p> <p>115.32 b 12 Influencing factors. The student understands how to access school and community health services for people of all ages.</p> <p>115.32 b 13 Influencing factors. The student understands situations in which people of all ages require professional health services.</p> <p>115.32 b 17 Personal/interpersonal skills. The student synthesizes information and applies critical-thinking, decision-making, and problem-solving skills for making health-promoting decisions throughout the life span.</p> <p>115.32 b 18 Personal/interpersonal skills. The student applies strategies for advocating and evaluating outcomes for health issues.</p> <p>115.33 c 2 Health information. The student researches and analyzes information in the management of health promotion and disease prevention.</p> <p>115.33 c 4 Health information. The student evaluates the validity of health information.</p> <p>115.33 c 9 Influencing factors. The student assesses the impact of the economy on community and world health.</p> <p>115.33 c 11 Influencing factors. The student understands issues related to community health services.</p> <p>115.33 c 15 Personal/interpersonal skills. The student synthesizes information and applies strategies for making health-promoting decisions.</p>
010	Understand the influence of society, culture, media, technology, and the environment on personal, family, and community health.	<p>Elementary:</p> <p>115.3 b 6; 115.4 b 7 Health information. The student recognizes the influence of media and technology on health behaviors.</p> <p>115.4 b 5 Health information. The student recognizes factors that influence the health of an individual.</p>

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	<p>115.5 b 6 Influencing factors. The student understands factors that influence individual and community health.</p> <p>115.5 b 7; 115.6 b 7; 115.7 b 7 Influencing factors. The student comprehends ways in which media and technology influence individual and community health.</p> <p>115.6 b 6 Influencing factors. The student comprehends factors that influence individual, family, and community health.</p> <p>115.6 b 9 Personal/interpersonal skills. The student uses social skills for building and maintaining healthy relationships throughout the life span.</p> <hr/> <p>Middle School:</p> <p>115.22 b 8 Influencing factors. The student understands how factors in the environment influence individual and community health.</p> <p>115.22 b 10 Influencing factors. The student comprehends how media and technology influence individual and community health.</p> <p>115.23 b 3 Health information. The student comprehends and utilizes concepts relating to health promotion and disease prevention throughout the life span.</p> <p>115.23 b 4 Health information. The student knows how to research, access, analyze, and use health information.</p> <p>115.23 b 7 Influencing factors. The student understands how physical and social environmental factors can influence individual and community health throughout the life span.</p> <p>115.23 b 9 Influencing factors. The student researches ways in which media and technology influence individual and community health throughout the life span.</p> <hr/> <p>High School:</p> <p>115.32 b 4 Health information. The student investigates and evaluates the impact of media and technology on individual, family, community, and world health.</p> <p>115.33 c 1 Health information. The student applies technology to analyze and appraise personal health.</p>

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		<p>115.33 c 5 Health information. The student describes the effect of marketing and advertising on health behavior.</p> <p>115.33 c 8 Influencing factors. The student researches and evaluates a variety of environmental factors that impact personal and community health.</p> <p>115.33 c 12 Influencing factors. The student investigates technological advances in the community that impact the health of individuals, families, and communities.</p>