



Health 1 Study Guide

Examination for Acceleration (EA)/Credit by Exam (CBE)

The exam you are interested in taking is designed to test your proficiency in the relevant subject matter. You should be thoroughly familiar with the subject matter before you attempt to take the exam. This EA/CBE Study Guide can help you prepare for the exam by giving you an idea of what you need to review. You can check your familiarity level by reviewing the Texas Essential Knowledge and Skills (TEKS) for this course. (See below.) To refine your skills, you can refer to any of the state-adopted textbooks.

Texas Essential Knowledge and Skills (TEKS)

Every question that appears on this exam is derived from the knowledge and skills statements and student expectations within the Texas-mandated standards, the Texas Essential Knowledge and Skills (TEKS). You can view the TEKS for this exam online via the following link: <http://ritter.tea.state.tx.us/rules/tac/chapter115/ch115c.html> - 115.32. Refer to section (b), Knowledge and skills, 1A–17C. Throughout this guide, you'll see TEKS references. These refer to the numbers listed under (b) Knowledge and skills; for example, 1A or 3B.

Materials Needed

You will need to bring a #2 pencil to complete the exam. You will receive a computer-graded answer sheet when you arrive at the testing center.

Exam Structure

You will be allowed **3 hours** to complete this exam. The Health 1 exam consists of 100 multiple-choice questions worth 1 point each for a total of 100 points. The exam covers a wide variety of topics. To help you study, we have isolated 10 key topics and provided study tips and sample questions for each. You can expect about 10 multiple-choice questions on each of the following topics:

- Topic 1:** Personal & National Health
- Topic 2:** Health Promotion & Fitness
- Topic 3:** Reproductive Health
- Topic 4:** Evaluating Health Messages
- Topic 5:** Health Behaviors & Body Changes
- Topic 6:** Unsafe Behaviors
- Topic 7:** Effects of Relationships on Health
- Topic 8:** Health Services
- Topic 9:** Communication Skills
- Topic 10:** Healthy Decision Making

Scholastic Honesty

When you arrive at the testing center you will be asked to carefully read the exam rules and sign a statement agreeing to take the exam in accordance with the rules. This is called the Examinee's Certification. The following is a copy of these rules:

Examinee's Certification

This certification must be signed *before* the exam is administered and then returned with the completed examination attached, or credit for the exam will not be given.

Scholastic dishonesty is a serious academic violation that will not be tolerated. Scholastic dishonesty encompasses, but is not limited to:

- copying from another student's work;
- using an unauthorized testing proctor or taking the exam at an unauthorized testing location;
- using materials not authorized by a testing proctor;
- possessing materials that are not authorized by a testing proctor, such as lessons, books, or notes;
- knowingly using or soliciting, in whole or Topic, the contents of an unadministered test;
- collaborating with or seeking aid from another student without authorization during the test;
- substituting for another person, or permitting another person to substitute for oneself, in taking a course test or completing any course-related assignment;
- using, buying, stealing, or transporting some or all of the contents of an unadministered test, test rubric, homework answer, or computer program.

Evidence of scholastic dishonesty will result in a grade of *F* on the examination and an *F* in the course (if applicable).

At the testing center, you will be asked to sign a statement that says you have read the above and agree to complete the examination with scholastic honesty.

General Study Tips

The bulleted lists and sample questions in this study guide can assist you in preparing for the exam. It is a fairly complete guide for studying, but does not cover every item on the test. Ultimately, you should use the TEKS to guide your exam preparation.

Additional Study Tips

The following information provides direction for your studies. For each part, you will find study tips and sample questions to give you a general idea of the types of questions you can expect to see on the exam.

Topic 1: Personal & National Health

This topic relates to your knowledge of health principles and practices relating to personal, community, and national health goals.

Study Tips for Topic 1:

This topic relates to TEKS 1A–1I. Familiarize yourself with those TEKS, and then be prepared to demonstrate knowledge of the following topics:

- The nation’s health goals, including a general understanding of what the National Prevention Strategy, Affordable Care Act, and Healthy People 2010 aim to accomplish.
- Body composition
- Eating Disorders
- Issues related to death and grieving
- Health-related social issues
- Strategies to prevent suicides
- Causes and effects of stress and strategies for managing stress, anxiety, and depression
- The importance of taking responsibility for health maintenance

Sample Questions for Topic 1:

The following are sample questions. You can find the correct answers listed after the questions, but try answering the questions without looking at the answers first to check your comprehension.

DIRECTIONS: Select the BEST responses to the following questions.

1. Which of the following is **NOT** one of the nation’s health goals as stated in Healthy People 2010?
 - A. Prevent death
 - B. Prevent illness
 - C. Promote health
 - D. Prevent disability

2. Matt weighs 210 pounds and is 5' 3" tall. If he continues to gain weight and does not exercise properly, he is at high risk of experiencing which of the following conditions?
- A. Cancer
 - B. Hypertension
 - C. Attention deficit disorder (ADD)
 - D. Acquired immunodeficiency syndrome (AIDS)

[1: A; 2: B]

Topic 2: Health Promotion & Fitness

This topic relates to your knowledge of disease prevention and health promotion.

Study Tips for Topic 2:

This topic relates to TEKS 2A–2D. Familiarize yourself with those TEKS, and then be prepared to demonstrate knowledge of the following topics:

- Relationship between health promotion and disease prevention
- Laws, policies, and practices related to disease prevention
- Health-related services that aim to promote health and prevent disease
- Strategies for preventing communicable and non-communicable diseases

Sample Questions for Topic 2:

The following are sample questions. You can find the correct answers listed after the questions, but try answering the questions without looking at the answers first to check your comprehension.

DIRECTIONS: Select the BEST responses to the following questions.

1. Which of the following activities is the **BEST** way to increase cardiorespiratory endurance?
 - A. Stretching
 - B. Swimming
 - C. Deep breathing
 - D. Running the 50-meter dash

2. If you are having trouble with your digestive tract, specifically constipation, what should you increase in your diet?
 - A. Fats
 - B. Proteins
 - C. Dietary fiber
 - D. Carbohydrates

[1: B; 2: C]

Topic 3: Reproductive Health

This topic relates to your knowledge of the reproductive process and fetal development.

Study Tips for Topic 3:

This topic relates to TEKS 3A–3D. Familiarize yourself with those TEKS, and then be prepared to demonstrate knowledge of the following topics:

- Risks associated with first-time sexual activity and beyond
- Fetal development from conception through pregnancy and birth
- The role of prenatal care and importance of proper nutrition for a pregnant woman
- The harmful effects of substances such as alcohol, tobacco, other drugs, and environmental substances on the fetus
- The role of genetics in fetal development

Sample Questions for Topic 3:

The following are sample questions. You can find the correct answers listed after the questions, but try answering the questions without looking at the answers first to check your comprehension.

DIRECTIONS: Select the BEST responses to the following questions.

1. The sperm must travel through a channel to leave the body during intercourse. What is the name of the channel through which the sperm pass?
 - A. Urethra
 - B. Epididymis
 - C. Vas deferens
 - D. Seminal vesicles

2. Cary just returned from the doctor's office. The doctor told her that her baby had gained most of its weight and that it no longer had hair covering its body. Cary is in the _____ trimester of her pregnancy.
 - A. first
 - B. second
 - C. third
 - D. fourth

[1: A; 2: C]

Topic 4: Evaluating Health Messages

This topic relates to your knowledge of the impact of media and technology on individual, family, community, and world health.

Study Tips for Topic 4:

This topic relates to TEKS 4A–5D. Familiarize yourself with those TEKS, and then be prepared to demonstrate knowledge of the following topics:

- Health messages delivered via the media and other technology resources
- The effects of technology on health
- Criteria for evaluating health information and determining its appropriateness for specific situations
- Laws related to sexual activity and minors
- Decision-making skills based on health information

Sample Questions for Topic 4:

The following are sample questions. You can find the correct answers listed after the questions, but try answering the questions without looking at the answers first to check your comprehension.

DIRECTIONS: Select the BEST responses to the following questions.

1. Which of the following is the **LEAST** likely to be an effective guide for avoiding lifestyle diseases?
 - A. Look to societal norms for role models
 - B. Develop healthy attitudes about nutrition
 - C. Develop healthy attitudes about appearance
 - D. Engage in activities that foster healthy self-esteem

2. Sam was a 19-year-old high school graduate working at a restaurant near the high school campus where his girlfriend Lisa was a 16-year-old sophomore. When Lisa's father noticed that Lisa's grades were dropping, he learned that Lela had been leaving the school campus to have sex with Sam. How could Lisa's father use the law to address the situation?
 - A. He could get an injunction to force Sam to marry his daughter.
 - B. He could get a restraining order that would prevent Sam from going near the school.
 - C. He could press charges against Sam for having sex with a minor.
 - D. He has no legal grounds; Sam and Lisa were both consenting participants in the sexual relationship.

[1: A; 2: C]

Topic 5: Health Behaviors & Body Changes

This topic relates to your knowledge of the understanding of the relationship between body structure and function and personal health throughout the lifespan.

Study Tips for Topic 5:

This topic relates to TEKS 6A–6C. Familiarize yourself with those TEKS, and then be prepared to demonstrate knowledge of the following topics:

- How specific health behaviors can impact body systems
- The importance of early detection of disease
- Warning signs of disease
- Body changes during adolescence

Sample Questions for Topic 5:

The following are sample questions. You can find the correct answers listed after the questions, but try answering the questions without looking at the answers first to check your comprehension.

DIRECTIONS: Select the BEST responses to the following questions.

1. All of the following are signs of behavioral stress **EXCEPT** which one?
 - A. Smoking
 - B. Grinding teeth
 - C. Having chest pains
 - D. Overeating or undereating

2. Stefano has a chemistry midterm exam this week. He also has a big dance recital on Friday and is rehearsing every night until 9:00 p.m. He is at high risk for which of the following conditions?
 - A. Stress
 - B. Suicide
 - C. Depression
 - D. Senior blues

[1: C; 2: A]

Topic 6: Unsafe Behaviors

This topic relates to your knowledge of the relationship between unsafe behaviors and personal health as well as strategies to promote resiliency.

Study Tips for Topic 6:

This topic relates to TEKS 7A–7L. Familiarize yourself with those TEKS, and then be prepared to demonstrate knowledge of the following topics:

- The harmful effects of alcohol, tobacco, drugs and other substances (physical, mental, social, and legal consequences)
- How alcohol, tobacco, and other substances relate to contribute to STDs, unplanned pregnancies, and unsafe behaviors
- Alternatives to and strategies for avoiding drug and substance use
- Strategies for avoiding violence and drugs
- Strategies from preventing and responding to deliberate and accidental injuries
- Refusal skills and the avoidance of unsafe situations
- Abstinence as it relates to emotional health and the prevention of pregnancy and STDs
- Contraceptive methods and their effectiveness at preventing pregnancy and STDs
- Strategies that prevent physical, sexual, and emotional abuse

Sample Questions for Topic 6:

The following are sample questions. You can find the correct answers listed after the questions, but try answering the questions without looking at the answers first to check your comprehension.

DIRECTIONS: Select the BEST responses to the following questions.

1. Brent has noticed that his father _____. He is concerned that his father might be an alcoholic, and is going to visit with his mother about his concern.

A. has bad breath
B. has been drinking in secret
C. experiences distorted vision at times
D. sometimes uses the wrong words for things

2. Alcohol, tobacco, and other drugs have been linked to all of the following **EXCEPT** which one?

A. Legal problems
B. High-risk sexual behaviors
C. Decreased risk of pregnancy
D. Decreased achievement at school

[1: B; 2: C]

Topic 7: Effects of Relationships on Health

This topic relates to your knowledge of the effects of relationships on health behaviors and your ability to distinguish between positive and negative influences.

Study Tips for Topic 7:

This topic relates to TEKS 8A–9B. Familiarize yourself with those TEKS, and then be prepared to demonstrate knowledge of the following topics:

- How relationships with peers, family, and friends can effect physical and emotional health
- The benefits of positive relationships among community health professionals
- The role of family members in promoting a healthy family
- Family roles and responsibilities relating to health behavior

Sample Questions for Topic 7:

The following are sample questions. You can find the correct answers listed after the questions, but try answering the questions without looking at the answers first to check your comprehension.

DIRECTIONS: Select the BEST responses to the following questions.

1. Many people help guide decisions that impact your health. This includes the relationships you have with people in your family, at school, and in the community. What type of influence to your health does this describe?
 - A. Social
 - B. Hereditary
 - C. Technological
 - D. Environmental

2. Harrison’s friends have been encouraging him to enter a 10K race. They insist that he compete because he loves running and is skilled at running that distance. They remind him every day to register online. What is Harrison experiencing?
 - A. Friendship abuse
 - B. Acquaintance abuse
 - C. Positive peer pressure
 - D. Negative peer pressure

[1: A; 2: C]

Topic 8: Health Services

This topic relates to your knowledge of the effects of a variety of health services in the community, nation, and world.

Study Tips for Topic 8:

This topic relates to TEKS 10A–12B. Familiarize yourself with those TEKS, and then be prepared to demonstrate knowledge of the following topics:

- The impact of population and economy on community and world health
- The impact of the availability of health services in the community and the world
- Community and world environmental programs
- School and community health services for people of all ages
- The comparative cost, availability, and accessibility of health services for people of all ages
- Situations requiring professional health services
- How to access health services

Sample Questions for Topic 8:

The following are sample questions. You can find the correct answers listed after the questions, but try answering the questions without looking at the answers first to check your comprehension.

DIRECTIONS: Select the BEST responses to the following questions.

1. In some parts of the world, a lot of people live close together in areas that do not have adequate infrastructure for running water in homes. In such situations, sewage and other contaminated materials can enter local streams and rivers that are also used for cleaning and cooking. This _____ pollution can cause serious _____ diseases. Global agencies exist to help provide infrastructure and prevent disease.

A. air ; communicable
B. water ; communicable
C. air ; noncommunicable
D. water ; noncommunicable

2. As the result of a skiing accident, Janelle has a large, deep cut on her face. Which doctor would likely be the **BEST** choice for addressing the wound in such a way that it is less likely to cause an unsightly scar?

A. Pediatrician
B. Plastic surgeon
C. Ophthalmologist
D. Gastroenterologist

[1: B; 2: B]

Topic 9: Communication Skills

This topic addresses communication skills needed for building healthy relationships, expressing your needs, and showing consideration and respect for yourself and others.

Study Tips for Topic 9:

This topic relates to TEKS 13A–14C. Familiarize yourself with those TEKS, and then be prepared to demonstrate knowledge of the following topics:

- Communication skills in building and maintaining healthy relationships
- Differences between a dating relationship and marriage
- Behavior in a dating relationship that will enhance the dignity, respect, and responsibility relating to marriage
- The comparative effectiveness of conflict-resolution techniques
- Refusal strategies
- Methods for addressing critical-health issues
- Dynamics of social groups
- Strategies for communicating needs, wants, and emotions
- Legal and ethical ramifications of unacceptable behavior such as harassment and sexual abuse
- How to communicate the importance of practicing abstinence

Sample Questions for Topic 9:

The following are sample questions. You can find the correct answers listed after the questions, but try answering the questions without looking at the answers first to check your comprehension.

DIRECTIONS: Select the BEST responses to the following questions.

1. Which of the following is **NOT** a healthy expectation regarding a dating relationship between teenagers?
 - A. To be treated with respect and dignity
 - B. That the relationship will be a long-term, committed partnership
 - C. That valuable skills can be learned from a short-term relationship
 - D. That a decision to maintain sexual abstinence will be respected

2. Raul is a warm and open person with many close relationships. People know that whatever they tell Raul, he will keep it a secret. He has many friends who trust him and adults who know they can count on him when something needs to be done. What character trait **BEST** describes this aspect of Raul’s personality?
 - A. Honesty
 - B. Diligence
 - C. Responsibility
 - D. Trustworthiness

[1: B; 2: D]

Topic 10: Healthy Decision Making

This topic relates to your ability to understand and apply effective methods for making health-promoting decisions as well advocating for health issues.

Study Tips for Topic 10:

This topic relates to TEKS 15A–17C. Familiarize yourself with those TEKS, and then be prepared to demonstrate knowledge of the following topics:

- Communication skills that demonstrate consideration and respect
- Ways to show empathy to others
- Ways to show disapproval of inconsiderate and disrespectful behavior
- Decision-making skills that promote individual, family, and community health
- The advantages of seeking advice regarding the use of decision-making skills
- Forms of communication such as passive, aggressive, or assertive
- Risk-taking and consequences (such as drinking and driving)
- How to research information about personal health concerns
- Knowledge of personal and family health concerns
- Strategies to evaluate information relating to critical health issues

Sample Questions for Topic 10:

The following are sample questions. You can find the correct answers listed after the questions, but try answering the questions without looking at the answers first to check your comprehension.

DIRECTIONS: Select the BEST responses to the following questions.

1. Fran and her friends are teasing Jae about a failing grade on her report card. Jae is crying. Lacey approaches the group and is encouraged by Fran to join in the teasing. What is the **BEST** way for Lacey to react?
 - A. Discourage the teasing and comfort Jae.
 - B. Ignore the interaction—it's not her business.
 - C. Scold Fran and tell her that her grades are not any better.
 - D. Join in the teasing—Jae is overreacting and it is all in good fun.

2. Geoff really wants to go to a party Friday night, but he wants a backup plan in case his friends decide to use drugs or alcohol at the party. Which of the following is **NOT** a safe strategy to include in his plan?
 - A. Arrange in advance to have a trusted adult drive him home.
 - B. Carry cab money or ask a parent to be on call for a ride home.
 - C. Decide not to ride with a driver who has been drinking and driving.
 - D. Scope out people at the party who are not drinking to ask for a ride home if necessary.

[1: A; 2: D]