

## **Health 1**

### **Examination for Acceleration/Credit by Exam Study Guide**

This EA/CBE Study Guide can help you prepare for the exam by giving you an idea of what you need to study, review, and learn. To succeed, you should be thoroughly familiar with the subject matter before you attempt to take the exam.

Every question that appears on the EA/CBE is grounded in the knowledge and skills statements and student expectations within the state-mandated standards, the Texas Essential Knowledge and Skills (TEKS). It should be noted that the exam will not test every student expectation. However, it is important that students study and know the entire scope of the TEKS so that they can develop a complete understanding of the content. The EA/CBEs are global exams grounded in the TEKS and are not designed to be a final exam for the University of Texas high school courses. You can view the TEKS for this exam online at <http://www.tea.state.tx.us/teks/>. Since questions are not taken from any one source, you can prepare by reviewing any of the state-adopted textbooks.

### **About the Exam**

The EA/CBE consists of 100 multiple-choice questions that are equally weighted. The exam may consist of multiple-choice, true-false, and matching type questions. You will be allowed **3 hours** to take the exam.

### **Concepts and Objectives**

The bulleted list and sample questions below may not refer to all the material that will be on the exam. This list only provides additional information for some of the student expectations tested on the Health 1 exam. Ultimately, you should use the TEKS to guide your exam preparation.

#### **Objective 1 – Health Information**

- Analyze health information and apply strategies for enhancing and maintaining personal health throughout the life span.
- Be health literate in disease prevention and health promotion throughout the life span.
- Recognize the importance and significance of the reproductive process as it relates to the health of future generations.
- Investigate and evaluate the impact of media and technology on individual, family, community, and world health.
- Understand how to evaluate health information for appropriateness.

#### **Objective 2 – Health Behaviors**

- Assess the relationship between body structure and function and personal health throughout the life span.
- Analyze the relationship between unsafe behaviors and personal health and develop strategies to promote resiliency throughout the life span.

### **Objective 3 – Influencing Factors**

- Analyze the effect of relationships on health behaviors.
- Differentiate between positive and negative family influences.
- Evaluate the effect of a variety of environmental factors on community and world health.
- Understand how to access school and community health services for people of all ages.
- Understand situations in which people of all ages require professional health services.

### **Objective 4 – Personal/Interpersonal Skills**

- Analyze, design, and evaluate communication skills for building and maintaining healthy relationships throughout the life span.
- Analyze, design, and evaluate strategies for expressing needs, wants, and emotions in healthy ways.
- Appraise communication skills that show consideration and respect for self, family, friends, and others.
- Synthesize information and apply critical-thinking, decision-making, and problem-solving skills for making health-promoting decisions throughout the life span.
- Apply strategies for advocating and evaluating outcomes for health issues.

### **Healthy Bodies**

- Physical Health
  - Identify the major components and functions of the skeletal system, the muscular system, the cardiovascular system, and the endocrine system.
  - Identify the components of physical fitness.
  - Understand how to increase your cardiovascular endurance, your muscular strength and endurance, and your flexibility.
  - Develop a comprehensive, personal physical fitness plan.
- Personal Health
  - Identify the major sense organs.
  - Identify the major components, functions, and safety tips of the eye, ear, mouth, teeth, skin, and nails.
  - Define the term First Aid and identify basic first aid procedures.
  - Understand the basic concept of CPR and identify the major components.
  - Understand the basic steps of the Heimlich maneuver.
  - Investigate the topic of vehicle safety.
  - Investigate the topic of bicycle safety.
  - Investigate the topic of gun safety.
- Nutrition
  - Identify the major components of the digestive system.
  - Understand the function of the digestive system and each of its major components.
  - Understand the process of elimination of food from the body.
  - Interpret the food guide pyramid and apply the principles to eating habits in order to create a healthy nutrition plan.
  - Identify foods from all the food groups.
  - Identify and explain protein, fat, carbohydrate, dietary fiber, vitamin, mineral, cholesterol, and sodium.

- **Healthy Eating Habits**
  - Identify, explain, and calculate Body Mass Index (BMI).
  - Identify and explain body composition, obesity, diseases associated with obesity, eating disorders, the characteristics and symptoms of Anorexia Nervosa, the three components in treating Anorexia Nervosa, the characteristics of Bulimia Nervosa, and the two main courses of treatment for Bulimia Nervosa.
  - Understand how body fat is measured.
  - Understand why it is important to know your body composition.
  - Understand the relationship between an energy equation and weight.
  - Identify and give the characteristics of Binge Eating Disorder and its treatment options.

## **Healthy Minds**

- **Mental and Emotional Health**
  - Define character traits.
  - Identify honesty, integrity, reliability, and loyalty as qualities of trustworthiness.
  - Define the term self-esteem and how childhood experiences help to develop it.
  - Identify four consequences of low self-esteem.
  - Identify the three steps to better self-esteem.
  - Understand the difference between self-esteem and self-respect.
  - Identify the importance of self-respect.
  - Identify the basic human needs according to Maslow.
  - Identify the emotions anger, fear, disappointment, discouragement, and resentment.
  - Understand the importance of communicating emotions.
- **Managing Stress**
  - Define stress, stressors, eustress, distress, situational stress, body stress, and mind stress.
  - Identify stressors in life, ways to measure stress, stress categories, how stress affects the body, how stress affects thoughts and feelings, how stress affects behavior, how to avoid stress, how to alter stress, how to accept stress, and how to adapt to stress.
- **Mental and Emotional Problems**
  - Provide examples of situational stress, body stress, mind stress, various psychological disorders, grief, the teens who are at the highest risk for depression, and drug treatment for depression in pediatric patients.
  - Identify and explain the possible side effects of antidepressants on teens, treatment strategies for suicide prevention, characteristics of a person who is grieving, ways people cope with their grief, ways to take care of oneself after experiencing a loss, and the healthy grieving process.

## **Healthy Lifestyles**

- **Building Health Skills**
  - List the six components of health.
  - List four types of influences on health.
  - Define heredity.
  - Name six inherited traits.
  - Define social health.
  - Find information regarding health screenings, information regarding STDs, information regarding immunizations, videos relating to various health problems, a timeline for adult preventive care, and self-help tools for personal health care.

- Name the criteria needed to assess health information found on the Internet.
- Name the areas to consider when determining the credibility of a health information website.
- Explain the role of a disclaimer on a health information website.
- **Decision-Making**
  - Identify the steps in the decision-making process.
  - Identify the challenges facing adolescents in the decision-making process.
  - Identify four health-enhancing decisions/behaviors that are facing adolescents.
  - Identify four health-risking decisions/behaviors that are facing adolescents.
  - Identify five pitfalls that face adolescents when making decisions.
  - Follow the decision-making process to come to a reasonable solution to a problem.
- **Goal Setting**
  - Define and name two goals and ten focus areas of the Healthy People 2010 initiative.
  - Name the CDC's four health protection goals for our nation.
  - Name the CDC's seven health objectives for 12-19-year-olds.
  - Explain the acronym SMART as it pertains to goal setting.
  - Identify seven steps to goal setting.
  - Identify five practical tips for setting and reaching goals.
  - Identify six steps to success in goal setting.
  - Name ten tips to stay motivated in achieving goals.
  - Identify the characteristics of a goal.
  - Define long-term goals and short-term goals.
  - Identify three long-term personal goals and three short-term personal goals.
  - Identify the steps needed to achieve both long-term and short-term goals.
- **Relationships**
  - Explain why healthy relationships are important.
  - Define peer pressure, positive peer pressure, and negative peer pressure.
  - Name and identify:
    - four types of relationships;
    - two types of casual relationships;
    - four things necessary to a healthy relationship;
    - seven things found in unhealthy relationships;
    - five traits of a good friend;
    - five qualities to strengthen friendship;
    - nine life circumstances that can make friendships difficult;
    - the number one guideline for keeping your friendships strong;
    - the twelve steps of "growing" a friend;
    - three keys to healthy relationships;
    - two things involved in the communication process;
    - what happens in a relationship without trust;
    - what people do when they respect each other;
    - four reasons why kids give in to peer pressure;
    - five strategies young people use to deal with negative peer pressure; and
    - five things parents can do to prepare teens for peer pressure.

- Family Relationships
  - Name and identify:
    - eight essential responsibilities of parents;
    - five areas involved in parents developing mutual respect with their child;
    - four attributes of effective and appropriate discipline;
    - four styles of parenting;
    - four things that grandparents can do when involved in the lives of their grandchildren;
    - five characteristics of a healthy family;
    - three things facing kids living with only one parent;
    - four things a child can do to relieve stress in a single-parent household;
    - five challenges facing stepfamilies;
    - five steps to stepfamily success; and
    - seven suggestions to ease the stress for families with a parent leaving home on a military assignment.
  - Define:
    - two dimensions where parenting styles differ;
    - dysfunctional family;
    - four types of dysfunctional parents; and
    - divorce.
  - List five questions children might ask when parents divorce.
  - List seven things parents can do to help children cope with divorce.
- Relationship Skills
  - Name and define:
    - bullying and its two types;
    - five mental health issues teens who are victims of peer abuse or bullying face;
    - six areas that indicate that you might have bullied someone in the past;
    - cyberbullying;
    - four main types of child abuse;
    - four factors that might lead a person to become abusive;
    - domestic abuse;
    - five things that a parent can do if abused;
    - four danger signs that might signal dating violence;
    - ten steps to help you avoid date rape; and
    - six steps of the Win/Win Guidelines for conflict resolution.
  - List:
    - seven steps that teens can do to combat physical or psychological bullying;
    - four myths of dating violence;
    - two drugs that are associated with date rape and their description;
    - five styles that people use when dealing with conflict;
    - six rules you should follow when using the Interest-Based Relational Approach to solving conflicts; and
    - seven steps that adults should use to resolve their differences.
  - Identify:
    - current statistics on dating violence and date rape; and
    - three areas of the Dating Violence Cycle.

## **Healthy Societies**

- Community Health
  - Research types of health careers (including specialties, salaries, and number of years in school).
  - List websites of medical specialists and hospitals in the local community.
  - Explore the vast amount of information on the Internet regarding health care and health care topics.
  - Create a reference list of national, state, and local health care agencies for personal use.
  - Research health care topics for the purpose of finding support organizations.
- Consumer Health
  - Identify and analyze marketing strategies aimed at teens.
  - Identify ways to avoid media pressure.
  - Analyze marketing techniques used to promote products.
  - Understand the Consumer Bill of Rights.
  - Identify fraudulent health care products.
  - List websites to report consumer fraud.
- Environmental Issues
  - List the largest environmental problems affecting the world today.
  - Understand acid rain and its causes.
  - Understand global warming and its causes.
  - Understand water pollution and its causes.
  - Understand air pollution and its causes.
  - Understand noise pollution and its causes.
  - Understand what people can do to be “green.”

## **Health Risks**

- Communicable Diseases
  - Effectively explain the immune system.
  - Define antigen, bacteria, virus, fungi, protozoa, and toxin.
  - Identify the scientist who first introduced the idea of immunizations.
  - Examine immune disorders.
  - Examine infectious diseases.
  - Understand and explain common infectious diseases.
- Non-Communicable Diseases
  - Identify and explain asthma, allergies, anaphylaxis, allergic rhinitis, sinusitis, allergic skin conditions, heart disease, and different types of cancer.
- Alcohol
  - List current facts regarding teens and drinking.
  - List five signs of alcohol intoxication.
  - Explain the media’s influence on teens to drink.
  - Explain alcoholism.
  - Explain treatments and support systems for alcoholics and their families.

- Tobacco
  - Define bidis, kreteks, and addiction.
  - Explore the statistics on teen smoking.
  - Identify legislation on tobacco.
  - Understand health issues associated with tobacco use and secondhand smoke.
  - Explore options and benefits for quitting tobacco use.
- Medicines and Drugs
  - Understand the two categories of medicines and how they are used.
  - Explain the most common types of over-the-counter (OTC) medicines.
  - Read and interpret a drug label.
  - Understand addiction.
  - Understand the risks associated with prescription drug abuse.
  - List common names, use, and addictiveness of caffeine, marijuana, inhalants, steroids, cocaine and crack, methamphetamines, ecstasy, depressants, heroin, and LSD.

## **Healthy Adults**

- Development
  - Identify and explain the components of the male reproductive system.
  - List the disorders of the male reproductive system.
  - Identify and explain the internal and external components of the female reproductive system.
  - List the disorders of the female reproductive system.
  - Explain what causes puberty to begin.
  - Explain the beginning of puberty for girls.
  - Explain what happens to the body when a girl has her menstrual period.
  - Explain the symptoms that a girl might have before, during, or after her menstrual cycle.
  - Understand and define problems associated with the menstrual cycle.
- Healthy Adults
  - Explain conception.
  - List body changes that can occur during pregnancy.
  - List digestive system problems that can occur during pregnancy.
  - Explain the reason that teen pregnancies are risky.
  - Explain common complications that can occur during pregnancy.
  - List signs of premature labor.
  - List options that are available to teens that become pregnant.
  - List the phases of development in each trimester of pregnancy.
  - Define vaginal delivery.
  - Define Cesarean delivery.
- Responsible Relationships
  - Understand your identity.
  - Understand common methods of birth control.
  - Understand adoptions and abortion.
  - Explain sexual assault, sexual abuse, rape, and acquaintance rape.

- Sexually Transmitted Diseases
  - Identify how STDs are contracted.
  - Identify how to protect yourself from STDs.
  - Identify the health problems associated with STDs.
  - Explain common STDs.
  - Understand and define HIV.
  - Understand and define AIDS.
  - Explain available resources for HIV/AIDS.

## **Healthy Parenting**

- Parenting/Paternity Issues
  - Identify and explain:
    - the concept of paternity as legal fatherhood;
    - how paternity is established;
    - realistic expectations for babies and children of different ages;
    - age-appropriate methods of shaping a child's behavior;
    - what it takes to be a good parent, in terms of both tasks and financial support;
    - the concept of "team parenting";
    - skills necessary for healthy married parenting;
    - the methods of child support enforcement;
    - typical issues surrounding support obligations;
    - possible solutions to support obligation problems;
    - the "listen for understanding" communication skill;
    - the characteristics of healthy relationships and the skills necessary for developing healthy, stable couple relationships and marriages;
    - the potential impact the quality of a couple's relationship has on parenting;
    - the legal issues tied to marriage;
    - marriage and its benefits for individuals and families as well as requirements for getting married in Texas;
    - the possible impact of marriage for a variety of couples (and their children);
    - the warning signs of unhealthy and/or abusive relationship patterns and behaviors;
    - strategies for dealing with abusive or violent relationships or helping a friend who is in an abusive relationship;
    - the ways children are affected by different kinds of adult relationships and family structures;
    - the role that families are supposed to play in children's lives; and
    - a strong family.



## **Sample Questions**

These sample questions will give you a better idea of the types of questions you can expect on the EA/CBE. These are provided to illustrate the format of the exam. They are not the actual exam. In order to be successful on the exam, you must study the TEKS and all of the concepts previously listed.

1. Which of the following components of physical fitness is demonstrated by running a mile?
  - A Cardiorespiratory endurance
  - B Muscular strength and endurance
  - C Flexibility
  - D Body composition
  
2. I am a nutrient that is needed to carry and store vitamins for the body. What am I?
  - A Dietary fiber
  - B Carbohydrate
  - C Protein
  - D Fat
  
3. Which of the following is the best strategy for dealing with negative peer pressure?
  - A Choose your friends wisely.
  - B Get rid of all of your friends.
  - C Stop talking to your friends.
  - D Make new friends.
  
4. Maria had been working all day out in her yard. Once she sat down in her favorite chair, she became lightheaded and began to have chest discomfort, pain in her right arm, and shortness of breath. What might be happening to Maria?
  - A Maria could be having a stroke.
  - B Maria could be having a heart attack.
  - C Maria could be having an allergic reaction to a bee sting.
  - D Maria could be developing diabetes.

5. I am the man who donated the sperm that fertilized the ovum, which resulted in a child being born. Who am I?
- A Biological Father
  - B Presumed Father
  - C Legal Father
  - D Alleged Father

**Answer Key**

Item Number	Correct Answer	TEKS
1	A	1.B
2	D	1.C
3	A	7.D
4	B	2.D
5	A	17.B