



### **To the Student:**

After your registration is complete and your proctor has been approved, you may take the Credit by Examination for Health Education, Grade 6.

### **ABOUT THE EXAM**

The CBE will cover the same topics that were covered in the Health 6 course. To study for the test, I suggest that you read the textbook that is used in the Outreach & Distance Education Health 6 course. The textbook is:

Bronson, M., M. Cleary, and B. Hubbard. (2005). *Teen Health*. New York: Glencoe Publishing Co.

The following outline will help you prepare for the exam.

1. Health and wellness
  - A. Building health skills
  - B. Decision-making and character
  - C. Goal-setting
2. Mental and emotional health
  - A. Feeling good about your health
  - B. Understanding emotions
  - C. managing stress
3. Social health
  - A. Your family
  - B. Your friends and peers
  - C. Communication
  - D. Resolving conflicts
4. Personal health
  - A. Your teeth, skin, and hair
  - B. Your eyes and ears

- C. Choosing health products
  - D. Community health
5. Nutrition and physical activity
    - A. Nutrients
    - B. A balanced food plan
    - C. Making healthful food choices
    - D. Benefits of physical activity
    - E. Setting fitness goals
  6. Growth and development
    - A. Cells to body systems
    - B. Bones, muscles, blood, and lungs
    - C. Nerves and digestion
    - D. Adolescence
    - E. Heredity and growth
  7. Preventing disease
    - A. Causes of disease
    - B. Communicable disease
    - C. Understanding STDs
    - D. Non-communicable and hereditary diseases
  8. Tobacco
    - A. Why is it harmful?
    - B. Staying tobacco-free
  9. Alcohol and other drugs
    - A. Why is alcohol harmful?
    - B. Using medicines responsibly
    - C. What are illegal drugs?
    - D. Staying drug free
  10. Safety and environment
    - A. Personal safety
    - B. Safety at home and away
    - C. Safety outdoors

- D. First aid
- E. Protecting our environment

The CBE will consist of 50 questions. There will be matching, true/false, and multiple-choice questions. You will have one hour to complete the exam, and it will be proctored by a designated school official. Each question will be worth 2 points, for a total of 100 points.

There is a sample examination included in this review. The sample exam provides a model for the types of questions that will be asked (it is not a duplicate of the examination). It is provided to illustrate format only and does not serve as review. In order to be successful on the examination, you must study and review all the health concepts. These concepts are listed on the pages that follow.

For more information about CBE policies, visit <http://www.ode.ttu.edu/takeacbe/> or see your course Policies & Forms Guide.

Good luck on your examination!

## Sample CBE

**Matching.** Place the correct letter of the answer in the blank to the left of the question.

- |                                 |  |
|---------------------------------|--|
| _____ 1. conflict resolution    | A. support or speak out in favor of something              |
| _____ 2. advocate               | B. your body's reaction to changes around you              |
| _____ 3. emotions               | C. special type of relationship between people             |
| _____ 4. stress                 | D. specialist who treats broken bones                      |
| _____ 5. nuclear family         | E. acne  |
| _____ 6. friendship             | F. two parents and one or more children                    |
| _____ 7. pimples and blackheads | G. a way to solve a disagreement that is good for everyone |
| _____ 8. orthopedist            | H. builds muscle and tissue                                |
| _____ 9. protein                | I. feelings  |
|                                 | J. specialist who straightens teeth                        |
|                                 | K. one parent and a child                                  |

**Multiple Choice.** Place the correct letter of the answer in the blank to the left of the question.

- \_\_\_\_\_ 10. You should eat the most servings of the
- A. fruit group.
  - B. carbohydrates.
  - C. bread, cereal group.
  - D. meat group.
- \_\_\_\_\_ 11. Which of the following is true of bones?
- A. Bones are alive.
  - B. There are 206 bones.
  - C. Bones produce blood cells.
  - D. All of the above.

- \_\_\_\_\_12. Blood vessels that carry blood away from the heart are
- A. veins.
  - B. arteries.
  - C. capillaries.
  - D. coronary.
- \_\_\_\_\_13. Which of the following is not a pathogen?
- A. virus
  - B. bacteria
  - C. fungi
  - D. antibodies
- \_\_\_\_\_14. A blockage of blood to the brain is
- A. high blood pressure.
  - B. a heart attack.
  - C. a stroke.
  - D. None of the above.
- \_\_\_\_\_15. \_\_\_\_\_ is the changing of the air, water, and land from clean and safe to dirty and unsafe.
- A. Pollution
  - B. Conservation
  - C. Recycling

**True/False.** Place a *T* for *true* or an *F* for *false* in the blank to the left of the statement.

- \_\_\_\_\_16. Choking is a condition that occurs when a person's airway becomes blocked.
- \_\_\_\_\_17. Tobacco smoking ages the skin.
- \_\_\_\_\_18. A beer, a glass of wine, and a mixed drink all have the same effect on the brain.
- \_\_\_\_\_19. STDs can spread through a cough or sneeze.
- \_\_\_\_\_20. Good health snacks would be fruit and nuts.
- \_\_\_\_\_21. Abstinence is not participating in an unhealthy behavior.
- \_\_\_\_\_22. People who respect themselves will take responsibility for their health.
- \_\_\_\_\_23. Peer pressure is always negative.
- \_\_\_\_\_24. Posture is the way people hold their bodies.
- \_\_\_\_\_25. Compromise means getting what you want.

## Sample CBE Key

- |      |       |       |
|------|-------|-------|
| 1. G | 10. C | 19. F |
| 2. A | 11. D | 20. T |
| 3. I | 12. B | 21. T |
| 4. B | 13. D | 22. T |
| 5. F | 14. C | 23. F |
| 6. C | 15. A | 24. T |
| 7. E | 16. T | 25. F |
| 8. D | 17. T |       |
| 9. H | 18. T |       |