



TEXAS TECH UNIVERSITY

Division of Outreach & Distance Education

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HLED 7/8
Health Education, Grade 7/8
(v.2.0)

To the Student:

After your registration is complete and your proctor has been approved, you may take the Credit by Examination for Health Education 7/8.

ABOUT THE EXAM

The examination for Health Education 7/8 will consist of 100 multiple-choice, matching, true/false, and short-answer questions. You will have three hours to complete the exam.

The exam is based on the Essential Knowledge and Skills for this subject. Since questions are not taken from any one source, you can prepare by reviewing any of the state-adopted textbooks that are used at your school. You must review all of the concepts of 7th and 8th grade health. If you do not have a textbook or any other study material available locally, you may contact the Outreach & Distance Education Bookstore. The bookstore carries the textbook used with our Health Education 7/8 Distance Education course. The textbook is *Teen Health* by McGraw-Hill (2005).

There is also a sample examination included with this letter. The sample exam will give you a model of the types of questions that will be asked on your examination. It is not a duplicate of the actual examination. It is provided to illustrate the format of the exam, not to serve as a review sheet.

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!

About the CBE

The examination will consist of multiple-choice, matching, true/false, and short answer questions. It will be scored on a 100-point grading scale. To successfully prepare for the exam, familiarize your self with the following areas:

- taking charge of your own health
- health, wellness, and taking responsibility for your own health
- how to make decisions, dealing with stress.
- how to be a good health consumer
- building safe and healthy relationships
- mental and emotional health
- social health
- relationships
- conflict resolution
- physical health and fitness
- nutrition
- physical fitness
- body image
- drugs, alcohol, and tobacco
- drugs
- tobacco
- alcohol
- refusal skills
- understanding the body
- care of your body
- body systems

- body changes
- diseases and disorders of the body
- communicable diseases
- noncommunicable diseases
- safety and environmental health
- safety
- first aid and lifesaving
- environmental health

Sample CBE

Below are sample test questions similar to those you could encounter on the examination.

Multiple Choice: Choose the best answer from the choices provided.

- 1 Which of the following are forms of abuse?
 - A. physical
 - B. sexual
 - C. neglect
 - D. All of the above.

- 2 Anything important to a person is a
 - A. stressor.
 - B. skill.
 - C. value.
 - D. goal.

3. Which of the following is not a trait of good character?
 - A. respect
 - B. caring
 - C. greed
 - D. caring

4. The primary purpose of narcotics is to
 - A. give more endurance.
 - B. relieve pain.
 - C. increase athletic performance.
 - D. decrease appetite.

5. Which belongs to the reproductive system?
 - A. adrenaline
 - B. ovaries
 - C. saliva
 - D. platelets

True or False: Write T if the statement is true or F if the statement is false.

6. A fracture is the movement of a bone away from its joint.
7. Medicaid is a federal health insurance plan.
8. Sunburn with red skin is a first-degree burn.
9. Your self-concept is a view you have of yourself.
10. A baby grows and develops in the stomach.
11. We often learn how to express emotions from watching others who are close to us, such as family members.
12. Environment is everything that is around you and its influence on you.
13. Most Americans eat way too much sodium.

Matching: Match each item in the first column with the most appropriate item in the second column.

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|----------------------|--|
| 14. dating | A. eating large amount of food and getting rid of it through vomiting |
| 15. water | B. fever, chills, and muscle pain |
| 16. muscle endurance | C. an extension of friendship |
| 17. bulimia | D. most abundant nutrient in the body |
| 18. influenza | E. the ability of a muscle to repeatedly exert a force over a prolonged period of time |

Short Answer

19. List the three kinds of blood vessels and briefly describe them.
20. List the six nutrients found in food.
21. List the six steps in the decision-making process in order.
22. What is the procedure used to care for a person who is not breathing and has no heartbeat?

23. _____ are feelings created from thoughts, remarks, and events.
24. List the six food groups listed in the text, with the group you should eat the least of last.
25. List the three stages of a workout.

Sample Exam Answer Key

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|------|-------|-------|
| 1. D | 7. T | 13. T |
| 2. C | 8. T | 14. C |
| 3. C | 9. T | 15. D |
| 4. B | 10. F | 16. E |
| 5. B | 11. T | 17. A |
| 6. F | 12. T | 18. B |

19. Veins carry blood to the heart; arteries carry blood away from the heart; capillaries are tiny blood vessels that connect veins and arteries.
20. carbohydrates, proteins, fats, water, vitamins, minerals
21. State the situation, list the options, weigh the possible consequences, consider values, make a decision and act, evaluate the decision.
22. CPR
23. emotions
24. bread, cereal, and pasta group; vegetable group; fruit group; milk and cheese group; meat, eggs, and nuts group; fats, oils, and sweets
25. warm up, work out, cool down