

**To the Student:**

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

ABOUT THE EXAM

The Credit by Examination for Health Education will consist of 100 multiple-choice, true/false, matching, short answer, and labeling questions. Each question is worth one point. The exam will be scored on a 0-100 point grading scale (remember to check with your school counselor for information on passing requirements). An answer sheet will be provided. You will have three hours to complete the exam.

The examination is based on the Texas 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. 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 HLED Distance Education course. The textbook is *Glencoe Health* by Bronson and Merki, published by Glencoe/McGraw-Hill (2005), ISBN 0-07-861213-6.

You should also study the P.A.P.A. (Parents and Paternity Awareness) curriculum from the Office of the Attorney General of Texas, the child support agency for the State of Texas, at <http://www.oag.state.tx.us/cs/of/papa/>. The information on this website will help you understand some of the important facts you need to know when you make your own decisions about parenthood. Refer to the box labeled "Curriculum Information for:" and click the "Students" link. Read "[What's p.a.p.a. all about?](#)", click the "[p.a.p.a. DVD](#)" link and watch the 14 short videos, and take the "[What do you know about the law and parenting?](#)" quiz. Material from the P.A.P.A. curriculum will be included on the exam.

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. In order to be successful on the examination, you must study and review the Essential Knowledge and Skills for Health Education that are listed in this overview.

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!

To successfully prepare for the exam, the general areas you need to be familiar with are:

- a systematic approach to health and wellness;
- a systematic approach to health communication, decision making, and health promotion that protects individual personal health;
- patterns of daily living that contribute to wellness;
- responsible behavior concerning the use of alcohol, tobacco, and other drugs;
- exhibiting skills in accident prevention;
- relationship between diet, exercise, rest, and recreation;
- current health issues;
- care in emergencies, such as choking or not breathing;
- community health resources and their activities designed to promote general public well-being.

The specific areas you need to be familiar with are:

A Healthy Foundation

- Decision-making skills

Physical Activity and Nutrition

- Nutrients
- Healthy diet
- Lifelong physical fitness

Mental and Emotional Health

- Healthy personality
- Healthy emotions
- Stress
- Mental disorders

Promoting Safe and Healthy Relationships

- Family life
- Community life
- Public health care

Personal Care and Body Systems

- Skeletal system
- Muscular system
- Circulatory system
- Respiratory system
- Nervous system
- Digestive system

Growth and Development

- Family life
- Growth and development
- Reproduction and heredity
- Parenting
- Establishing paternity
- Parents who don't pay
- Choosing healthy relationships
- Marriage and families
- Relationship violence

Tobacco, Alcohol, and Other Drugs

Diseases and Disorders

- Infectious diseases
- Sexually transmitted diseases
- HIV/AIDS
- Noninfectious diseases

Injury Prevention and Environmental Health

- Health care options
- Public health
- Personal safety
- First aid

Sample Exam

Below are sample test questions of the kinds you can expect to find on the examination:

Multiple Choice

1. The nationwide health promotion and disease prevention plan is called
 - A. Health Education.
 - B. Healthy People 2010.
 - C. Health Literacy.
 - D. The Health Continuum.
2. _____ is the combination of physical, mental/emotional, and social well-being.
 - A. Health
 - B. Wellness
 - C. Public health
 - D. Preventive health
3. _____ is an overall state of well-being, or total health.
 - A. Preventive health
 - B. Health
 - C. Wellness
 - D. Public health
4. Which of the following is *not* a type of anxiety disorder?
 - A. obsessive/compulsive disorder
 - B. post-traumatic stress disorder
 - C. bipolar disorder
 - D. phobia
5. Clinical depression is a type of
 - A. mood disorder.
 - B. conduct disorder.
 - C. personality disorder.
 - D. anxiety disorder.

True/False

6. The Centers for Disease Control and Prevention conducts research into epidemiology.

7. A person with good role models demonstrates core ethical values, such as responsibility, honesty, and respect.
8. Anaerobic exercises improve muscular strength and endurance.
9. The body uses protein to build new cells and tissues and to make enzymes, hormones, and antibodies.
10. People who suffer from mood disorders have difficult controlling their real or imagined fears.
11. Anger is the intentional use of unfriendly or offensive behavior.

Matching

Match the letter of the term with the correct definition.

- | | |
|---------------------|------------------------|
| A. refusal skills | F. comparison shopping |
| B. wellness | G. preventive care |
| C. cumulative risks | H. peers |
| D. public health | I. goal |
| E. specialists | J. role model |

12. _____ are medical doctors trained to handle particular kinds of patients or medical conditions.
13. _____ is community-wide effort to monitor and promote the welfare of the population.

Sample Exam Answer Key

1. B
2. A
3. C
4. C
5. A
6. T
7. F
8. T
9. T
10. F
11. F
12. E
13. D