

Student name: _____

- 1) A risk behavior is best defined as any action you choose that
 - A) is not part of the health education curriculum.
 - B) forces you to increase physical activity.
 - C) threatens your health.
 - D) is not preventable.

- 2) Teenagers are at high risk of sustaining motor vehicle accident injuries because they
 - A) lack muscular coordination.
 - B) tend to have a fast metabolism.
 - C) drive too slowly.
 - D) tend to take risks.

- 3) One of the most effective way ways to reduce fire injuries to children is to
 - A) teach the stop, drop, and roll method.
 - B) teach the proper disposal of smoking materials.
 - C) discourage children from playing with matches and lighters.
 - D) increase the use of properly functioning smoke and heat detectors.

- 4) Most spinal cord injuries are the result of _____.
 - A) fires
 - B) drowning incidents
 - C) traumatic brain injury (TBI)
 - D) falls

- 5) Which of the following statements is true regarding the use of weapons in the United States?
 - A) Guns are bought by students from drug dealers and pawnshops.
 - B) Many students are allowed to carry a weapon from their homes for safety.
 - C) Some schools allow students with licensed guns to enter school premises for personal safety.
 - D) Most students carry weapons, or have access to them.

- 6) Identify a true statement about suicide among young children.
- A) Feelings of sadness, confusion, and anger lead to suicide.
 - B) Suicide is the leading cause of death among this age group.
 - C) In this age group, suicide is associated with drug addiction.
 - D) Most suicides among young children are pre-planned.
- 7) Which of the following is true of smokeless tobacco?
- A) It causes more deaths each year than car accidents do.
 - B) It leads to rates of lung cancer and emphysema similar to smoking.
 - C) It causes nicotine dependence and increased cancer risk.
 - D) It is a safe alternative to cigarette smoking.
- 8) Among all U.S. high school students, _____ percent report having had sexual intercourse.
- A) over 75
 - B) between 50 and 60
 - C) between 35 and 45
 - D) between 10 and 20
- 9) Infection with human immunodeficiency virus (HIV) endangers health by
- A) destroying the body's immune system.
 - B) deactivating the body's cooling-down mechanism.
 - C) deactivating coagulation in the body.
 - D) causing purging to the point of malnourishment.
- 10) The most common sexually transmitted disease (STD) in the United States is _____.
- A) chlamydia
 - B) gonorrhea
 - C) genital warts
 - D) genital herpes

- 11) An unhealthful diet is a known risk factor in
- A) poor coordination.
 - B) accidental injuries.
 - C) high-risk behavior.
 - D) coronary heart disease.
- 12) An eating disorder is a type of _____ disorder.
- A) mental
 - B) appetite
 - C) digestive
 - D) metabolic
- 13) Which of the following activities contributes to a general pattern of physical inactivity among children and adolescents?
- A) a vegan diet
 - B) playing table tennis
 - C) alcohol
 - D) use of a computer
- 14) Of the following, which is not a tenet of the *Whole School, Whole Community, Whole Child* (WSCC) model?
- A) Each student enters school *healthy* and learns about and practices a healthy lifestyle.
 - B) Each student is actively *engaged* in learning and is connected to the school and broader community.
 - C) Each student is *happy* and productive in the school community.
 - D) Each student is *challenged* academically and prepared for success in college or further study and for employment and participation in a global environment.
- 15) About _____ of the traumatic brain injuries that occur each year are concussions.
- A) half
 - B) three-quarters
 - C) one-third
 - D) forty percent

16) Unintentional injuries are always accidental.

- ☐ true
- ☐ false

17) Alcohol use is a significant risk factor in adolescent drowning cases.

- ☐ true
- ☐ false

18) Children and adolescents who are trained and strong swimmers are able to resist drowning by water currents.

- ☐ true
- ☐ false

19) As per the National Health Education Standards, standard 1 states that students will comprehend concepts related to health promotion and disease prevention to improve their health.

- ☐ true
- ☐ false

20) In the context of school education, the comprehensive school health education curriculum is a self-assessment and planning tool that helps schools identify the strengths and weaknesses of their health policies and programs.

- ☐ true
- ☐ false

21) In terms of the benefits of family engagement, research shows that students whose parents are involved in their education are most likely to attend school more regularly.

- ☐ true
- ☐ false

- 22) Adolescents who smoke cigarettes and drink alcohol are more likely than nonsmokers and nondrinkers to use illicit drugs.
- Ⓐ true
 - Ⓑ false
- 23) Early sexual experience has no effect on the risk of contracting a sexually transmitted disease.
- Ⓐ true
 - Ⓑ false
- 24) In the United States, teen mothers often have a second child within two years of the first.
- Ⓐ true
 - Ⓑ false
- 25) At present, no clear evidence links poor diet to the three leading causes of death in the United States.
- Ⓐ true
 - Ⓑ false
- 26) More than half of all high school students engage in vigorous physical activity at least five days each week.
- Ⓐ true
 - Ⓑ false
- 27) The *Whole School, Whole Community, Whole Child* (WSCC) model places the child center place in school health efforts.
- Ⓐ true
 - Ⓑ false
- 28) One of the main goals of a physical education curriculum is to teach competence in a variety of competitive sports.
- Ⓐ true
 - Ⓑ false

29) In the Meeks Heit Umbrella of Comprehensive School Health Education, health literacy is the same as health knowledge.

- Ⓐ true
- Ⓑ false

30) How does being overweight negatively impact an adolescent's health and social settings?

31) What is the *Whole School, Whole Community, Whole Child* (WSCC) model and why is it so important?

32) Define a life skill. Explain how they relate to health goals.

Answer Key

Test name: Chapter 01

- 1) C
- 2) D
- 3) D
- 4) D
- 5) A
- 6) A
- 7) C
- 8) C
- 9) A
- 10) A
- 11) D
- 12) A
- 13) D
- 14) C
- 15) B
- 16) TRUE
- 17) TRUE
- 18) FALSE
- 19) TRUE
- 20) FALSE
- 21) TRUE
- 22) TRUE
- 23) FALSE
- 24) TRUE
- 25) FALSE
- 26) FALSE
- 27) TRUE
- 28) FALSE
- 29) FALSE
- 30) Essay
- 31) Essay
- 32) Essay