



Preparation Manual

Health EC–12 (157)

Overview and Exam Framework
Sample Selected-Response Questions
Sample Selected-Response Answers and Rationales

- C. Recommend that Phillip and his parents consult with his doctor to create an asthma action plan and keep a copy at the school
- D. Encourage Phillip to keep his asthma a secret from his friends, teachers, and coaches

Answer

Option C is correct because an asthma action plan is a written, day-to-day management plan developed by the patient, parents, and doctor to help reduce, control, and prevent asthma flare-ups. The school should have copies of the student's action plan. **Option A is incorrect** because with help from their doctors, people with asthma can safely get the exercise they need to stay healthy. **Option B is incorrect** because teens with asthma should be involved in all discussions and treatment choices affecting their health. **Option D is incorrect** because students with asthma should inform teachers, coaches, and friends of their condition so they can receive emergency aid if needed.

Domain IV—Health-Related Skills and Resources

Competency 011—The teacher understands the use of decision-making and other skills in making informed choices that influence health.

34. An adolescent makes a plan to achieve personal health goals by identifying and evaluating the possible choices, making a decision, and taking responsibility for the outcome. Which of the following best represents the decision-making style described?

- A. Inactive
- B. Interactive
- C. Reactive
- D. Proactive

Answer

Option D is correct because a proactive decision-making style requires the individual to identify and evaluate possible decisions, make a decision, and take responsibility for the outcome. **Option A is incorrect** because a person who fails to make choices and allows things to just happen has an inactive decision-making style. **Option B is incorrect** because interactive decision-making is not a style; it is a strategy involving all relevant stakeholders in a process to realize widely supported decisions. **Option C is incorrect** because a reactive decision-making style allows other people to make decisions for an individual.

35. A student asks a health teacher for advice about creating a weight management plan. Which of the following is the best action for the teacher to take to help the student?

- A. Tell the student to find a diet plan that is proven to jump-start metabolism and promote quick weight loss.
- B. Research weight loss plans sold on the Internet with the student to see which ones the student is interested in so the student can buy the plan and necessary items.
- C. Develop a plan with the student that begins with measuring body fat percentage, then go over meal and exercise plans and set goals.

- D. Tell the student to discuss weight loss intentions with friends and family who will have a direct influence on the student's behavior.

Answer

Option C is correct because losing weight requires goals as well as a plan to monitor exercise and promote a healthy diet. **Option A is incorrect** because quick weight loss is not healthy. Slower, steady weight loss is recommended. **Option B is incorrect** because the Internet can contain incorrect information and unsafe weight-loss plans, and it should not be the only source of information. **Option D is incorrect** because although it is a good idea to discuss intentions with friends and family, this should be only a part of the plan, not the entire plan.

36. Which of the following findings from studies on adolescents best support the use of peer education as a method for helping students make informed decisions about health behaviors?
- A. Receiving counseling from physicians helps adolescents make changes to their dietary patterns.
 - B. Parents of adolescents play an important role in increasing or decreasing the risk for specific behaviors.
 - C. Adolescents who believe that their friends are participating in a certain health behavior are more likely to adopt that behavior.
 - D. Common reasons for taking part in physical activity include enjoyment, social interaction, and weight management.

Answer

Option C is correct because studies indicate that peers have the ability to influence health behavior choices by acting as role models; this supports the use of peer education. **Option A is incorrect** because physicians are not students' peers; thus, this finding does not support the use of peer education. **Option B is incorrect** because parents are not their children's peers; thus, this finding does not support the use of peer education. **Option D is incorrect** because this statement does not make any reference to the influence of peers on reasons for participating in physical activity; thus, this finding does not support the use of peer education.

37. Which of the following teaching strategies best utilizes the theory that students are more likely to change their attitudes and behaviors when they believe that a person who is similar to them faces the same concerns?
- A. Peer education
 - B. Service learning
 - C. Resistance training
 - D. Youth development

Answer

Option A is correct because peer education draws on the credibility that young people have with their peers, leverages the power of role modeling, and provides flexibility in meeting the diverse needs of today's youth. **Option B is incorrect** because service learning is a technique where students learn through doing and can acquire good personal values through service to others. **Option C is incorrect** because resistance training is a type of exercise that utilizes isometric, isotonic, or isokinetic exercise to strengthen or develop the muscles. **Option D is incorrect** because youth development is a type of prevention program for hard-to-reach and underserved youth.

Competency 012—The teacher understands sources of health-related information and strategies for accessing, evaluating and using health-related information.

38. A newly pregnant woman would like to obtain information about breast-feeding. Which of the following Web sites provides the best information on this topic?

- A. Wikipedia.org
- B. YouTube.com
- C. AskDrSears.com
- D. NIH.gov

Answer

Option D is correct because the National Institutes of Health (NIH), a government agency, is one of the world's foremost medical research centers. **Options A, B, and C are incorrect** because these are not credible or reliable Web sites for health care information.

39. Which of the following is the most accurate statement about many food advertisements aimed at children?

- A. Ads often cause or bring about dietary imbalances leading to obesity.
- B. Ads often suggest portion sizes appropriate for growing children.
- C. Ads for healthy foods are not permitted to use the terms "low fat" and "organic."
- D. Ads for fast foods portray the food realistically in comparison with the actual product.

Answer

Option A is correct because research has found strong associations between increases in advertising nonnutritious foods and rates of childhood obesity. **Option B is incorrect** because the portion sizes that ads suggest are more than the average child needs. **Option C is incorrect** because ads for healthy food are permitted to use terms such as "low fat" and "organic." **Option D is incorrect** because fast-food industry advertising often promotes products as being bigger and better than the actual thing.

40. Which of the following is the best first step for determining whether a Web site is a credible and valid source for seeking information when making health-related decisions?

- A. Looking through the news and events pages and reading through postings to gather user opinions
- B. Checking to see whether there is an address or an e-mail contact link available
- C. Determining who is responsible for the site by checking the site map for an About Us link
- D. Reading through frequently asked questions on the site to see what questions have already been asked and answered

Answer

Option C is correct because an About Us page will help readers determine whether the people and organization affiliated with the site are credible sources in the health-related field. **Option A is incorrect** because a news and events page is not likely to be relevant information for making health-related decisions. **Option B is incorrect**

because contact information is important, but only if the source is credible. **Option D is incorrect** because the credibility of the site must be determined before using any of the information to make health-related decisions.

41. Health-related information is readily available for public consumption. It can sometimes be confusing when trying to determine which health services and products to use and which health behaviors to practice. For people to make the most appropriate decisions about their health, it is important that they

- A. be health literate.
- B. have health insurance.
- C. search health Web sites.
- D. ask for recommendations.

Answer

Option A is correct because a health-literate person knows where to find appropriate information regarding the purchase and use of health services and products or the adoption and practice of new health behaviors. With the right information, the chances of making the best choices for one's own health are increased. **Option B is incorrect** because having health insurance is important to good health, but if one does not understand how to use it, it will not be beneficial. **Option C is incorrect** because, although searching through appropriate sites is part of health literacy, one must first know whether a Web site is reliable and valid. **Option D is incorrect** because, although asking for recommendations is part of the process for obtaining health services and products or for adopting positive health behaviors, first one needs to know how and where to find useful recommendations.

Competency 013—The teacher demonstrates knowledge of health-related products and services and the skills and strategies needed to be an informed consumer of health-related products and services.

42. Mr. Williams received a phone call from his doctor's office letting him know that his primary health care doctor, whom he respects and trusts, will be retiring in two months. Mr. Williams must now begin the search for a new doctor. Which of the following is the best first step for Mr. Williams to take in his search?

- A. Asking his coworkers to make recommendations
- B. Searching online for other physicians close to home
- C. Obtaining a list of doctors covered by his insurance plan
- D. Asking whether his doctor will be choosing a replacement

Answer

Option D is correct because a doctor choosing a replacement will most likely select someone trustworthy. **Option A is incorrect** because asking coworkers for recommendations is a good step in searching for a new doctor but is not necessarily the first step. **Option B is incorrect** because searching online is a possible complementary step in choosing a doctor but is not the best first step. **Option C is incorrect** because it is best to first get recommendations or ask whether there will be a replacement physician and then find out whether the replacement is covered by insurance.

43. After receiving a clean bill of health from her doctor and dentist, Sarah is instructed to continue with regularly scheduled medical and dental checkups for which of the following reasons?

- A. Detecting any developing health problems before they become serious
- B. Treating any injuries sustained during daily exercise routines
- C. Preventing the cost of her health insurance premiums from going up
- D. Maintaining her current weight and reducing the possibility of becoming obese

Answer

Option A is correct because getting regular medical and dental checkups can help detect health issues that are developing and ensure they are treated promptly. **Option B is incorrect** because any injuries sustained must be treated immediately, not during a regularly scheduled checkup. **Option C is incorrect** because regular health checkups may keep medical costs down but have no effect on health insurance premiums. **Option D is incorrect** because maintaining her weight depends solely on Sarah and her actions and habits.

Domain V—The School Health Education Program

Competency 014—The teacher knows how to plan, implement and evaluate a school health education program and understands the role of the school health educator.

44. Which of the following is the role of the health teacher in the Whole School, Whole Community, Whole Child (WSCC) model?
- A. Provide health and nutrition services for students and their families.
 - B. Implement a curriculum that appropriately addresses the physical, mental, emotional, and social dimensions of health.
 - C. Provide individual and group health assessments, interventions, and referrals for students.
 - D. Educate parents and community members about the components of the Whole School, Whole Community, Whole Child (WSCC) model.

Answer

Option B is correct because health education is the component of the Whole School, Whole Community, Whole Child (WSCC) model that implements the health curriculum for the school. **Option A is incorrect** because providing health and nutrition services is the role of the health services personnel. **Option C is incorrect** because professionals such as certified school counselors, psychologists, and social workers provide these services to support the mental health needs of students. **Option D is incorrect** because training parents and the community is the job of the administration and health advisory council, not just the health educator.

45. Which of the following factors should be given the greatest consideration in the planning of a school health education program that addresses both the school's and the community's needs?
- A. The population of the schools in the surrounding communities
 - B. The contents of the Whole School, Whole Community, Whole Child (WSCC) model currently being used in the school
 - C. The results of a state-issued survey that provides data on health-risk behaviors among youth and young adults

- D. The input provided from the parents and guardians of students along with members of the local community

Answer

Option D is correct because parents and local residents are familiar with the community's health needs, so their input is valuable to use when planning a school health education program. **Option A is incorrect** because population is not a factor that affects an individual school health education program. **Option B is incorrect** because the Whole School, Whole Community, Whole Child (WSCC) program is only a part of the school health education program and may need to be supplemented with other resources. **Option C is incorrect** because while state survey results can be used, they do not directly address local culture, needs and interests, which may differ from state survey results.

46. A school district is implementing a School Health Advisory Council (SHAC). Which of the following is the best reason for a school district to form a SHAC?

- A. It is financially profitable.
- B. It is required by state law.
- C. It is good public relations.
- D. It is good for school staff to connect with the community.

Answer

Option B is correct because state law states that every independent school system is required by law to have a School Health Advisory Council (SHAC), of which the majority of members must be parents who are not employed by the school district. **Option A is incorrect** because a SHAC may not be financially profitable. **Option C is incorrect** because the SHAC may or may not involve advertising. **Option D is incorrect** because the SHAC consists more of community members than district staff.

Competency 015—The teacher knows how to plan and implement effective school health instruction.

47. Which of the following best describes how requiring a health class to use correct grammar when writing will benefit the students?

- A. It reminds students that health is a serious academic class.
- B. It ensures that students will continue to develop language arts skills.
- C. It shows students that health teachers care about their educational futures.
- D. It ensures that students understand that writing in health class is more important than writing in other classes.

Answer

Option B is correct because using correct grammar will help students to continue to develop language arts skills and not develop bad habits. **Option A is incorrect** because all school instruction should be viewed as important. **Option C is incorrect** because being an earnest, caring teacher is not the primary benefit of teaching correct grammar in health class. **Option D is incorrect** because writing is a fundamental skill needed for all education, not just in any one class.

48. A school is celebrating diversity week, and each teacher has been asked to create a lesson to examine various aspects of different cultures. Which of the following is the most appropriate way for a teacher to feature information about various cultures in a health class?

- A. Having students create a presentation about the type of diet and exercise that is common in the country of their ethnic background
- B. Creating a slide presentation that features a different country and information about that country's health issues on each slide
- C. Having students read articles and answer questions about various countries and their cultures
- D. Showing a video to the class about various countries and their cultures

Answer

Option A is correct because having the students explore their own ethnic background is interactive, fun, and informative. **Option B is incorrect** because creating a slide presentation does not allow students to interact with their family members or learn anything about themselves. **Option C is incorrect** because reading articles and answering questions are not interactive activities. **Option D is incorrect** because watching a video is not an interactive activity

49. Which of the following strategies is most effective to help high school students resist peer pressure to use drugs?

- A. Reading a fictional story about a student who says no to drugs
- B. Watching a video about a student who overdoses on drugs
- C. Role-playing a situation in which students practice saying no to drugs
- D. Writing a scenario about a student who is being pressured to use drugs

Answer

Option C is correct because research shows that peers are the most influential factor in teenagers' decisions to use drugs. **Option A is incorrect** because the students are unlikely to form a personal connection with a story that is fictitious. **Option B is incorrect** because there is no personal connection formed by viewing media. **Option D is incorrect** because writing a scenario does not show effective ways of dealing with peer pressure.

50. Which of the following is the most effective way for a health education teacher to help a student who has been a victim of cyberbullying?

- A. Prosecute the student who is cyberbullying to the fullest extent of the law
- B. Instruct the class about cyberbullying so all students can recognize the typical behaviors
- C. Restrict the use of electronics for the student who is cyberbullying to prevent future incidents
- D. Involve the student who was bullied in the resolution process to restore a feeling of safety and inclusion

Answer

Option D is correct because involvement in the resolution process gives the victim a feeling of confidence and safety. **Option A is incorrect** because the punishment alone may not resolve the victim's insecurities. **Option B is incorrect** because instructing the class about cyberbullying is a preventive measure, not a resolution to a current problem. **Option C is incorrect** because restricting the use of electronics may not prevent the cyberbullying from happening again.