



Hilliard City Schools

Health

Course Proficiency Study Guide

I. Course Proficiency Purpose:

The purpose of this study guide is to aid the students who wish to take the proficiency assessment for the credit flex option. Items that the student will be required to know for proficiency will be administered in a two hour written exam.

II. Description of the Assessment Format: 150 Multiple Choice Questions

III. Proficiency Content:

- a. A Healthy Foundation
 - i. Living a Healthy Life
 - ii. Building Health Skills and Character
 - iii. Being a Health-Literate Consumer
- b. Physical Activity and Nutrition
 - i. Physical Activity for Life
 - ii. Nutrition and Your Health
 - iii. Managing Weight and Body Composition
- c. Mental and Emotional Health
 - i. Achieving Good Mental Health
 - ii. Managing Stress and Anxiety
 - iii. Mental and Emotional Problems
- d. Promoting Safe and Healthy Relationships
 - i. Skills for Healthy Relationships
 - ii. Family Relationships
 - iii. Peer Relationships
 - iv. Violence Prevention
- e. Personal Care and Body Systems
 - i. Personal Care and Healthy Behaviors
 - ii. Skeletal, Muscular, and Nervous Systems
 - iii. Cardiovascular and Respiratory Systems
 - iv. Digestive and Urinary Systems
 - v. Endocrine and Reproductive Systems
- f. Growth and Development
 - i. Prenatal Development and Birth
 - ii. Adolescence and the Life Cycle
- g. Unit 7-Tobacco, Alcohol, and Other Drugs
 - i. Tobacco
 - ii. Alcohol
 - iii. Medicines and Drugs
- h. Diseases and Disorders
 - i. Communicable Diseases
 - ii. Sexually Transmitted Infections and HIV/AIDS
 - iii. Noncommunicable Diseases and Disabilities
- i. Injury Prevention and Environmental Health
 - i. Injury prevention and Safe Behaviors
 - ii. First Aid and Emergencies

IV. Suggested Resources:

- District Textbook (hard copy)
- On-line Health Textbook (2007 edition)
 - Log on to the Glencoe site: <http://www.glencoe.com/ose/>
 - Password: A62429B561