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)
     o Log on to the Glencoe site: http://www.glencoe.com/ose/
     o Password: A62429B561