

Table of Contents

Suggestions for the Day of the Exam	5
Multiple Choice Test Taking Strategies	6
Strategies for the Exam.....	8
Appropriate Test Responses	10
Learner-Centered Proficiencies	12
Cooperative Learning.....	13
Bloom’s Taxonomy of Levels of Thinking	14
New York State Learning Standards.....	15
New York Teacher Standards	16
New York State Education Department: Current Functions and Historical Development ...	17
New York State Code of Ethics for Educators	21
Facts Concerning Health Education.....	23
The Health Education Test.....	29
Discussion of Competencies	39
Competency 0001 Understand human growth and development.....	39
Basic structures and functions of human body systems.....	39
Use of anatomical terms.....	45
Erickson’s Eight Stages of Development	48
Competency 0002 Understand the importance of good nutrition for maintaining and enhancing health.....	51
The 5 Basic Food Groups	51
Food Pyramid.....	53
Nutritional requirements	53
Role of Nutritional Basics.....	57
Reading, interpreting and evaluating nutritional information.....	59
Reading Label Lingo.....	70
Competency 0003 Understand how diseases affect health	72
Differences between infectious and noninfectious disease.....	72
Symptoms of common infectious and noninfectious diseases.....	73
Relationship of the immune system to the disease process	74
Identifying personal behaviors and public health strategies for preventing infections ...	76
Competency 0004 Understand the importance of exercise and physical fitness for maintaining and enhancing health	77
Components of fitness.....	77
Physiological and structural effects of exercise.....	79
Competency 0005 Understand mental and emotional health	84
Maslow’s Hierarchy of Needs	84
Nature vs. Nurture Argument	84
Parten’s Developmental Stages of Social Play	84
Piaget’s Stages of Cognitive Development.....	85
Effects of Stress	88
Age-appropriate limits to making decisions about issues of mental and emotional health.....	91
Competency 0006 Understand family relationships and their effects on health.....	94
Skills, attitudes, and behaviors for a competent parent	95
Competency 0007 Understand interpersonal relationships and their effects on health.....	96

Peer roles and relationships	97
Strategies to foster healthful social interactions and communication.....	99
Competency 0008 Understand human sexuality and its effects on health.....	100
Characteristics of healthy and unhealthy relationships.....	100
Preventing sexually transmitted diseases.....	102
Competency 0009 Understand methods of promoting safety, responding to emergencies, and providing first aid	105
Recognizing and avoiding potentially dangerous social situations	106
Competency 0010 Understand the nature of conflict and strategies for conflict resolution and mediation.....	108
Recognizing disrespectful or hurtful behaviors	109
Identifying steps utilized in conflict resolution	110
Competency 0011 Understand the effects of alcohol, tobacco, and other drugs on health.....	111
Strategies for dealing with another person’s drug use.....	115
Competency 0012 Understand how environmental factors affect individual and community health.....	117
Effects of various environmental problems	117
Strategies for increasing personal and community involvement	120
Competency 0013 Understand community health services and issues relating to community health	121
Identifying community health services.....	121
Effect of public health policies, laws, and regulations	122
Competency 0014 Understand methods for accessing and evaluating reliable health-related information	123
Sources of valid health-related information.....	123
Competency 0015 Understand the importance of being an informed consumer of health-care products and services	125
Health-care delivery systems	125
Health care advertisements—accurate, misleading, or deceptive.....	128
Competency 0016 Understand the influence of culture, media, and technology in making decisions about personal and community health issues	129
Individual and community attitudes and behaviors	130
Competency 0017 Understand the use of health-enhancing skills in making informed choices about behavior, lifestyle, and other factors that influence health	131
Reducing risk and enhancing personal, family, and community health	131
Competency 0018 Understand procedures for assessing individual, school, and community needs for health education.....	135
Competency 0019 Understand procedures for planning, implementing, coordinating, and evaluating effective school health education programs.....	135
Competency 0020 Understand health education and the role of the health educator ...	136
Major roles and responsibilities of the health educator	137
Writing Assignment	138
Practice Questions.....	140
Answers.....	146
Glossary of Health Care and Health Care Management Terms.....	149