**Health planning Multiple-Choice Questions**

**BASIC HEALTH CONCEPTS**

**Objective 001  
Understand the nature of and factors that affect physical health.**

1. Which of the following behavioral changes would be most likely to decrease an individual's risk of developing skin cancer?

1. eating foods high in antioxidants
2. using sunscreen with an SPF of at least 15
3. using tanning beds to develop a protective tan
4. visiting a dermatologist once a year

**AnswerEnter to expand or collapse answer.**

**Objective 002  
Understand the nature of and factors that affect mental and emotional health.**

2. Which of the following statements best describes how mental and emotional health connect to other aspects of health, such as social or physical health?

1. Mental and emotional health are required to achieve health in other domains.
2. Good health in other domains provides protective factors for mental and emotional health.
3. Mental and emotional health cannot be achieved without physical and social health.
4. Poor physical health has a more significant effect than the other domains on mental health.

**AnswerEnter to expand or collapse answer.**

**Objective 003  
Understand the nature of and factors that affect social health.**

3. Sally and Janelle are classmates who are assigned to do a project together in health class. Sally does something at basketball practice that makes Janelle very angry. Janelle does not want to jeopardize their working relationship. Which of the fol­lowing would be the healthiest response for Janelle?

1. suppressing her feelings for the time being
2. asking her teammates if Sally's behavior made them angry also
3. sharing her feelings with a friend
4. asking the basketball coach to speak to Sally about the incident

**AnswerEnter to expand or collapse answer.**

**Objective 004  
Understand health effects of healthy and risky behaviors.**

4. Smoking has which of the following effects on the body?

1. It slows metabolism of drugs, so larger doses are required.
2. It paralyzes bronchial cilia, so foreign particles are not removed.
3. It dilates blood vessels, so blood pressure is decreased.
4. It inhibits red blood cell produc­tion, so oxygen transport is limited.

**AnswerEnter to expand or collapse answer.**

**Objective 005  
Understand the nature of and factors that affect consumer and community health.**

5. Daily exposure to commercial advertising and television programming affects personal and family health behaviors and attitudes by:

1. influencing what is perceived as normal in society.
2. increasing knowledge of and participation in events in the community.
3. encouraging personal respon­sibility and civic mindedness.
4. developing awareness of one's place in a global context.

**AnswerEnter to expand or collapse answer.**

**Subarea II2—HEALTH SKILLS AND BEHAVIORS**

**Objective 006  
Understand strategies for planning for and maintaining a healthy lifestyle.**

6. A student conducts a dietary habits assessment in health class and realizes that he has been eating a lot of foods that are high in fat and sugar and are not particularly nutritious. Which of the following strategies is likely to be most effective in helping this student to establish healthy eating habits?

1. enlisting a friend to help keep him from snacking between meals
2. planning in advance what he will eat each day and sticking to the menu
3. eliminating carbohydrates from his diet for at least three weeks
4. reducing the portion sizes of the food he eats

**AnswerEnter to expand or collapse answer.**

**Objective 007  
Understand problem-solving, decision-making, and goal-setting processes and skills.**

7. A student does not eat the school-prepared lunches because they do not meet his culture's dietary customs. Since he usually does not have time to make his own lunch in the morning, he often skips lunch and feels lightheaded later in the day. Which of the following would be the most practical strategy for this student to use to address this problem?

1. easing adherence to his dietary customs enough to eat at least some of the school-prepared food
2. asking a family member to deliver lunch to him at the school
3. requesting that the school offer food that is prepared in accordance with his dietary customs
4. getting in the habit of making his lunch the night before

**AnswerEnter to expand or collapse answer.**

**Objective 008  
Understand effective communication and health advocacy skills.**

8. Five students are on a committee to plan a school social event. They must choose the date, set the budget, plan the entertainment, and develop a timeline. Each student brings different ideas and priorities to the project. To ensure productive communication during the committee meetings, the committee members should:

1. speak only once, during the time allotted to them on the meeting agenda.
2. agree in advance to compromise on issues of importance to them.
3. take frequent breaks during which they can talk with each other one-on-one.
4. stay open-minded and listen to the substance of each other's comments.

**AnswerEnter to expand or collapse answer.**

**Objective 009  
Understand strategies used to recognize, avoid, and manage health and safety risks.**

9. Which of the following guidelines is most advisable for individuals in order to avoid injury associated with an activity?

1. Team up with a buddy to monitor one another during the activity.
2. Avoid making impulsive decisions about whether to participate in the activity until risks can be assessed.
3. Copy the actions of another person who has done the activity before.
4. Ask one's peers about what they perceive the level of risk associated with the activity to be.

**AnswerEnter to expand or collapse answer.**

**Objective 010  
Understand theories of behavior change and principles of health promotion.**

10. Which of the following is the best definition of resiliency?

1. the capacity for quick recovery from illness by avoidance of negative stressors
2. the capacity for transcending self-interest while maintaining relationships
3. the capacity for cultivating strengths for positively meeting challenges
4. the capacity for mental health despite exposure to adversity

**AnswerEnter to expand or collapse answer.**

**Subarea III3—SCHOOL HEALTH EDUCATION**

**Objective 011  
Understand the assessment of individual and group needs for school-based health education.**

11. A school health teacher wants to gather information from parents about their perspectives on tobacco use and preven­tion programs. Which of the following describes a benefit of using a focus group instead of a survey to explore this topic?

1. Unexpected or new perspectives can be further explained and responses heard.
2. Tobacco-using parents will have an opportunity to interact with nonsmokers.
3. People tend to have strong feelings about the issue and need a chance to express them.
4. More people will have opportu­nities to participate and contribute to the accumulated data.

**AnswerEnter to expand or collapse answer.**

**Objective 012  
Understand district, state, and federal laws and policies that affect health education.**

12. When a school health advisory board recommends changes to policies affecting sexuality education, it is the district's responsibility first to:

1. identify substantive supporting research to justify the changes.
2. review proposed methods and materials prior to scheduling public hearings.
3. notify affected parties of the policy changes.
4. verify that the proposed changes are consistent with state and federal regulations.

**AnswerEnter to expand or collapse answer.**

**Objective 013  
Understand school health education program planning.**

13. Program planners want to incorporate best practice recommendations for school health education. To do so, the program planners should ensure that:

1. a minimum of 150 hours per year are allotted to health instruction.
2. programs focus on acquiring health facts and information.
3. the curriculum is grounded in research about how health knowl­edge and behaviors improve.
4. most school personnel are directly involved in instruction related to health education.

**AnswerEnter to expand or collapse answer.**

**Objective 014  
Understand strategies for collaborating with others to implement a coordinated school health program.**

14. Which of the following would be the most effective strategy for an on-site school health team to use to identify gaps and overlaps across the curriculum within a coordinated school health program?

1. Map each aspect of the curriculum to its respective program compo­nents.
2. Designate teams of staff to work on each health objective.
3. Administer a standardized health assessment to a random sample of students.
4. Observe several classes and other health-related school activities.

**AnswerEnter to expand or collapse answer.**

**Objective 015  
Understand the selection and use of curricula, strategies, and materials for health instruction.**

15. Read the student assignment below; then answer the question that follows.

Will, Russ, and Sonya want to figure out how to get to the movie theater in the next town, since no adults are available to drive them.

"We can take the bus to the end of the line and hitchhike from there," says Will, grabbing his jacket and heading for the door. Russ and Sonya look at each other skeptically and follow him.

Write an essay in which you analyze Will's problem-solving approach and describe the steps he takes. Suggest *at least two*important elements of problem-solving that Will misses and explain why they are important and how they might be of use in Will's situation.

Which of the following describes the best use of the assignment above?

1. to determine the extent to which students think hitchhiking is an acceptable form of transportation
2. to discover whether and how much students value group process over unilateral decisions
3. to measure the extent to which students can recall problem-solving skills
4. to assess students' ability to think critically and communicate effectively about problem-solving

**AnswerEnter to expand or collapse answer.**

**Subarea IV4—PROFESSIONAL RESPONSIBILITIES**

**Objective 016  
Understand the school health teacher's roles as an advocate for young people and a teacher of other staff, parents/guardians, and community members.**

16. When meeting with school adminis­trators to advocate for a controversial change to a school's health education policy, it would be most important for a health teacher to:

1. provide research-based evidence supporting the policy change.
2. declare that the present policy conflicts with community values.
3. acknowledge the merit of opposi­tion to the proposed change.
4. indicate awareness of the political implications of a change in policy.

**AnswerEnter to expand or collapse answer.**

**Objective 017  
Understand educational and informational resources associated with health education.**

17. When obtaining information from the Internet, it would be most advisable for a health education teacher to focus on:

1. information that is in the public domain, so that copyright infringement is not a concern.
2. information that is not available in more traditional print sources through local school or public libraries.
3. sources where the author or organization is clearly apparent and has some demonstrated validity.
4. sources that appear first in a list generated by an Internet search engine.

**AnswerEnter to expand or collapse answer.**

**Objective 018  
Understand the school health teacher's role as a resource person.**

18. A parent calls the health teacher and explains that she suspects that her son is using drugs. She asks if the health teacher can help her find an effective way to keep her son safe and get him to stop using drugs. Which of the following would be the most appro­priate way for the health teacher to respond?

1. Rephrase the parent's problem using the health teacher's own words.
2. Ask the parent if she wants her son placed in in-patient drug therapy.
3. Check to see if the family physi­cian and other family members are aware of the problem.
4. Discuss the various resources and options available to the family.

**AnswerEnter to expand or collapse answer.**

19. A health teacher is looking for a loca­tion in the school where informational materials about particular health problems, such as eating disorders, alcoholism, and adolescent depression, can be accessed and viewed. Which of the following concerns is most important in guiding the decision about where to place these materials?

1. finding an area where the use of the pamphlets can be monitored by an adult
2. balancing accessibility and students' privacy
3. minimizing the distraction caused by the materials
4. encouraging use of the materials by all members of the school community

**AnswerEnter to expand or collapse answer.**

**Objective 019  
Understand the foundations of school health education.**

20. The predominance of health educators working from a decision-making philosophy rather than a cognitive-based philosophy reflects which of the following principles of health education?

1. Behavior change depends on the exposure to facts that create dissonance for the individual.
2. Access to accurate facts is a crucial component of making informed choices about health.
3. Individuals in a democratic society need to be able to assess the consequences of their decisions.
4. Individuals need to be able to make good health decisions over their entire life span.