

Example Items

HS Health Education

HS Health Education Example Items are a **representative set** of items for the ACP. Teachers may use this set of items along with the test blueprint as guides to prepare students for the ACP. On the last page, the correct answer, content SE and SE justification are listed for each item.

*The specific part of an SE that an Example Item measures is **NOT** necessarily the only part of the SE that is assessed on the ACP.* None of these Example Items will appear on the ACP.

Teachers may provide feedback regarding Example Items.

(1) Download the [Example Feedback Form](#) and email it. The form is located on the homepage of Assessment.dallasisd.org.

OR

(2) To submit directly, click “Example Feedback” **after** you login to the [Assessment website](#).

First Semester

2018–2019

Code #: 7090

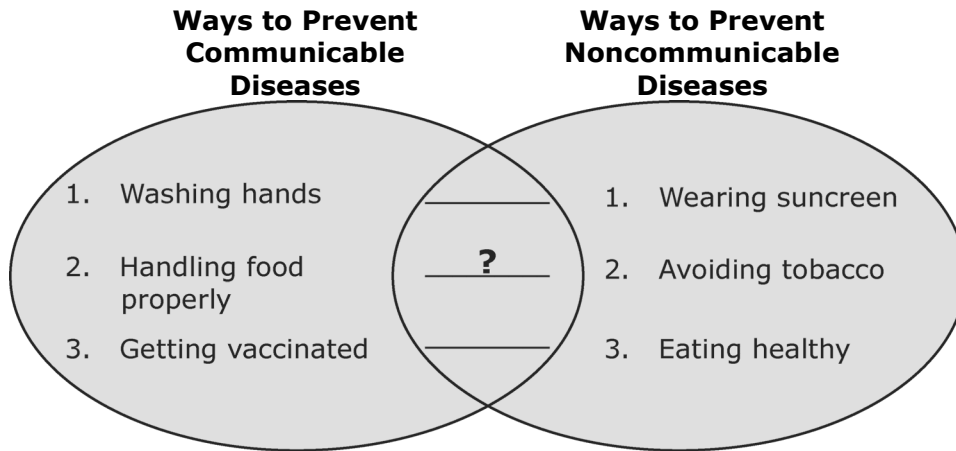
EXAMPLE ITEMS HS Health Education, Sem 1

1 Which behavior has no legal ramifications?

- A Acquaintance rape
- B Demonstration of empathy
- C Sexual abuse
- D Sexual harassment



Use the Venn diagram to answer the next question.



2 What strategy for preventing diseases completes the diagram?

- A Going to physical therapy twice a year
- B Getting a physical exam once a year
- C Applying repellents
- D Relieving stress

3 Where does fertilization of the female's egg occur?

- A Fallopian tubes
- B Endometrium
- C Vagina
- D Vas deferens

EXAMPLE ITEMS HS Health Education, Sem 1

4 Jeraldine finds a man lying on the floor. The scene is safe. She checks for responsiveness. She sends her friend to call 911. There is no AED available. The man is not breathing. What is the next step she should perform?

- A** Cover any wounds
- B** Give two breaths
- C** Start compressions
- D** Wait for the EMTs



Use the table to answer the next question.

Features
Small head
Epicanthal folds
Flat midface
Smooth philtrum
Low nasal bridge
Small eye opening
Short nose
Thin upper lip
Underdeveloped jaw

5 The physical features are characteristics of —

- A** Child Alcohol Syndrome
- B** Fetal Alcohol Syndrome
- C** Stimulant drug dependency
- D** Depressant drug dependency

6 A step in the decision-making process is to use the HELP strategy. What does HELP stand for?

- A** Healthful, Ethical, Legal, Parent approval
- B** Honorable, Ethical, Legal, Police approval
- C** Healthful, Ethical, Legal, Police approval
- D** Honorable, Educated, Legal, Parent approval

EXAMPLE ITEMS HS Health Education, Sem 1

- 7** Which long-term effect often develops from excessive alcohol abuse?
- A** Altered judgment
 - B** Cirrhosis
 - C** Increased coordination
 - D** Tuberculosis
- 8** Lakeisha was upset with her friend. She took the time to calm down and think about the situation. She used the strategy of —
- A** compromise
 - B** conflict resolution
 - C** mediation
 - D** time management
- 9** On Tim’s last doctor visit, his doctor was concerned with his recent weight gain. What is the healthiest way for Tim to manage his weight?
- A** Exercising seven days a week so that he can continue to eat fast food daily
 - B** Setting his own weight target based on a physically fit friend’s weight
 - C** Researching a thin celebrity’s diet and exercise plan and then duplicating it
 - D** Staying active and eating many different kinds of nutritious foods
- 10** Besides remaining abstinent, what is the most effective means of preventing the transmission of sexually transmitted diseases?
- A** Male condom
 - B** Depo-provera injections
 - C** Female cleansing douche
 - D** Spermicide foams and creams
- 11** What is a consequence of toxic chemicals leaking into a community’s resources?
- A** Salty water
 - B** Drug poisoning
 - C** Contaminated water
 - D** Plant growth

EXAMPLE ITEMS HS Health Education, Sem 1

- 12** A sexual predator “grooms” a victim by —
- A** allowing the victim to have plenty of alone time and not bothering him
 - B** calling the victim on a cell phone and constantly yelling at him
 - C** going to dinner and the movies with his friends and not the victim
 - D** buying many gifts for the victim and gaining his trust
- 13** What is the most effective method of birth control for teens that shows maturity and discipline?
- A** Abstinence
 - B** Birth control
 - C** Condom
 - D** Emergency contraception
- 14** What role do psychoactive drugs play in unsafe situations?
- A** Increased exposure to STDs
 - B** Improved judgement in decision making
 - C** Reduced exposure to health risks
 - D** Decreased chance of HIV
- 15** Which behavior is a good method for reinforcing a decision to say “no”?
- A** Listening to the problem
 - B** Using conflict resolution
 - C** Reducing conflicting non-verbal language
 - D** Remembering long-term goals
- 16** How conclusive is a genetics test in determining the biological father of a child?
- A** 85%
 - B** 90%
 - C** 95%
 - D** 99%

EXAMPLE ITEMS HS Health Education, Sem 1

- 17** Abnormal cell growth is characteristic of which health concern?
- A** Dementia
 - B** Heart attack
 - C** Cancer
 - D** High blood pressure
- 18** Which behavior is a good way to protect oneself from drug or alcohol use?
- A** Spending time on social media
 - B** Going to parties with friends
 - C** Staying involved in healthy activities
 - D** Having friends who self-medicate
- 19** What is the first stage in the grief process?
- A** Acceptance
 - B** Hope
 - C** Depression
 - D** Denial

EXAMPLE ITEMS HS Health Education Key, Sem 1

Item#	Key	SE	SE Justification
1	B	15B	Examine the legal and ethical ramifications of unacceptable behaviors such as harassment, acquaintance rape, and sexual abuse.
2	B	2D	...Analyze strategies related to the prevention of communicable and non-communicable diseases.
3	A	3A	Explain fetal development from conception through pregnancy....
4	C	7H	Analyze strategies for...responding to...accidental injuries.
5	B	3C	Analyze the harmful effects of certain substances such as alcohol...on the fetus.
6	A	17B	Identify decision-making skills that promote individual and family...health.
7	B	7B	Analyze the harmful effects, such as the physical...consequences of alcohol.
8	B	14A	Demonstrate communication skills in...maintaining healthy relationships.
9	D	1B	Examine the relationship among body composition, diet, and fitness.
10	A	8C	Analyze the effectiveness...of barrier protection...including the prevention of STDs, keeping in mind the effectiveness of remaining abstinent until marriage.
11	C	11A	Assess the impact of...economy on community...health.
12	D	8D	Analyze the importance of healthy strategies that prevent...sexual,...abuse....
13	A	8B	Analyze the importance and benefits of abstinence as it relates to emotional health and the prevention of pregnancy....
14	A	7C	Explain the relationship between...other drugs...used by adolescents and the role these substances play in unsafe situations....
15	C	14E	Demonstrate refusal strategies.
16	D	5C	Discuss the legal implications regarding sexual activity as it relates to minor persons.
17	C	6B	Relate the importance of early...warning signs that prompt individuals of all ages to seek health care.
18	C	7D	Develop strategies for preventing use of...alcohol, and other addictive substances.
19	D	1E	Examine issues related to...grieving.