

# Example Items

## MS Health Education 8

**MS Health Education 8 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](http://Assessment.dallasisd.org).

OR

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

First Semester  
2017–2018  
Code #: 7080

## EXAMPLE ITEMS MS Health Education 8, Sem 1

---

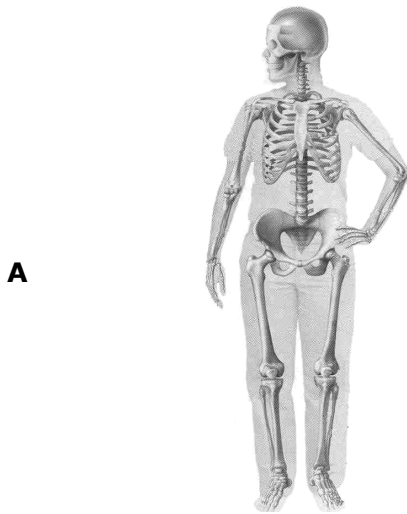
- 1** Lowering the amount of CO<sub>2</sub> (carbon dioxide) in the air, monitoring water quality, and educating people to reduce, reuse, and recycle waste are all strategies for —
- A** improving water quality
  - B** controlling household waste
  - C** reducing environmental emissions
  - D** increasing automobile emissions
- 2** Brushing and flossing the teeth, eating healthy food, exercising regularly, and regularly visiting the doctor and dentist are all steps to help prevent —
- A** aging
  - B** eating disorders
  - C** mental illness
  - D** physical illness
- 3** Mental and emotional stress affects thinking, memory, and feelings. It also tends to make people more anxious and —
- A** excited
  - B** depressed
  - C** jealous
  - D** organized
- 4** Which statement is true about sexual abstinence?
- A** It delays puberty and adolescence.
  - B** It increases depression and suicide.
  - C** It avoids the risks of STDs.
  - D** It delays the risks of adolescence.
- 5** Which strategy is best for dealing with negative peer pressure?
- A** Having popular friends
  - B** Choosing friends wisely
  - C** Fighting the pressuring person
  - D** Getting rid of acquaintances

## EXAMPLE ITEMS MS Health Education 8, Sem 1

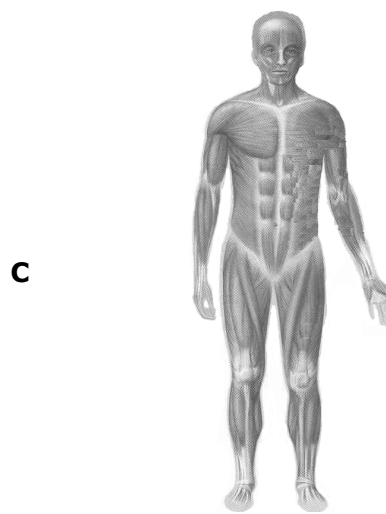
**6** Juan's 21-year-old brother, Miguel, smokes a pack of cigarettes per day. Juan is a young adolescent who respects and imitates Miguel's behavior. Miguel's personal health habit is causing what type of relationship with his younger brother?

- A** Negative
- B** Peer
- C** Healthy
- D** Needy

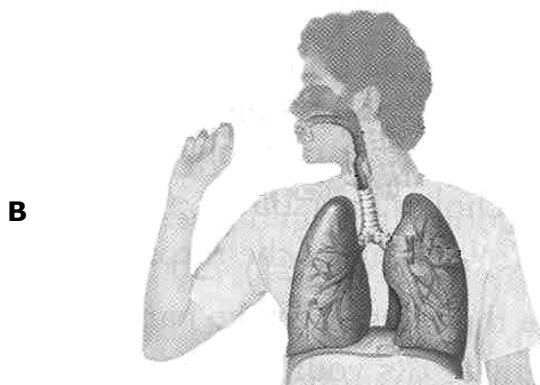
**7** Which body system releases hormones that cause growth spurts, maturation of reproductive sex cells, perspiration, and hair development?



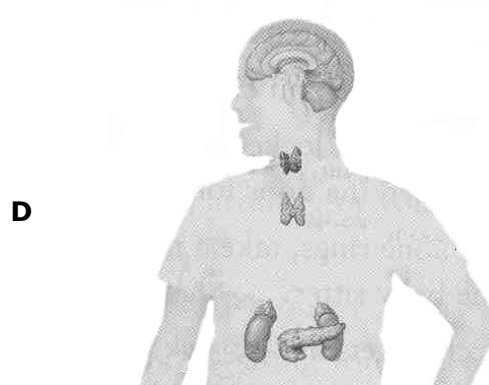
**Skeletal system**



**Muscular system**



**Respiratory system**



**Endocrine system**

## EXAMPLE ITEMS MS Health Education 8, Sem 1

---

8

HIV is spread through —

- A casual contact with an infected person
- B sexual contact a carrier
- C being bitten by an infected mosquito
- D giving blood at a blood drive

9

Which strategy does **not** help prevent abuse in relationships?

- A Being tolerant when someone is having difficulty exhibiting self-control
- B Having friends who are respectful and share similar ideals
- C Setting and communicating limits after entering a relationship
- D Limiting alcohol or drug use around others

10

Which behavior is an indicator of long-term depression?

- A Thinking about hurting oneself
- B Shaking a fist at someone
- C Competing with classmates
- D Spending a quiet weekend alone

11

A good strategy for coping with stress is to —

- A talk negatively about other people
- B discuss the problem or situation
- C ignore the issues that caused the problem
- D self-medicate for the symptoms

12

Which behavior helps prevent the spread of diseases?

- A Attending school with a fever
- B Covering sneezes with hands
- C Limiting contact with infected people
- D Sharing lunch with friends

## EXAMPLE ITEMS MS Health Education 8, Sem 1



Use the table to answer the next question.

**Cameron's After-School Schedule**

Time	Activity
4:30 pm	Arrive home from school and have a snack
5:00 pm	Get ready for football practice
5:30 pm	Football practice
6:00 pm	Football practice
6:30 pm	Football practice
7:00 pm	Shower after football practice
7:30 pm	Eat dinner at home
8:00 pm	Watch favorite television show
8:30 pm	Check social media
9:00 pm	Play video games
9:30 pm	Complete homework
10:00 pm	Talk to girlfriend
10:30 pm	Bedtime

**13** Cameron is not doing well in his honors classes at school this six weeks. He wants to do better. As he reviews his after-school schedule, he realizes he needs to —

- A adjust his schedule to add more study time
- B watch more of his favorite television shows
- C spend less time eating
- D go to bed later

**14** Jackie and her mom constantly argue about the amount of time Jackie spends on her cell phone. Jackie's mom checks her phone every night before she goes to bed. Jackie feels that this invades her privacy. Which strategy is an effective way for Jackie to handle this issue?

- A Communicate with her friends at school and on the computer
- B Hide the cell phone in her room every night before she goes to bed
- C Ignore the issue with her mother and hope it improves
- D Listen to her mother's concerns and respond with "I" statements

## EXAMPLE ITEMS MS Health Education 8, Sem 1

---

15

Sexual contact between a nineteen-year-old and a fourteen-year-old is —

- A acceptable if they love each other
- B subject to prosecution for the fourteen-year-old
- C subject to prosecution for the nineteen-year-old
- D acceptable if it is consensual

**EXAMPLE ITEMS MS Health Education 8 Key, Sem 1**

<b>Item#</b>	<b>Key</b>	<b>SE</b>	<b>SE Justification</b>
<b>1</b>	C	6B	Describe the application of strategies for controlling the environment such as emission control...
<b>2</b>	D	3A	Explain the role of preventive health measures...in disease prevention such as...dental check-ups.
<b>3</b>	B	11F	Describe the relationships between emotions and stress.
<b>4</b>	C	5E	Discuss abstinence from sexual activity as the only method that is 100% effective in preventing pregnancy, sexually transmitted diseases, and the sexual transmission of HIV or acquired immune deficiency syndrome, and the emotional trauma associated with adolescent sexual activity.
<b>5</b>	B	7B	Develop strategies for monitoring positive and negative relationships that influence health.
<b>6</b>	A	7A	Analyze...negative relationships that influence individual...health such as families...and role models.
<b>7</b>	D	2B	Describe the influence of the endocrine system on growth and development.
<b>8</b>	B	3D	Summarize the facts related to Human Immunodeficiency Virus (HIV) infection...
<b>9</b>	A	5C	Identify strategies for prevention...of emotional, physical, and sexual abuse.
<b>10</b>	A	1C	Identify and describe lifetime strategies for...early identification of disorders such as depression...that may lead to long-term disability.
<b>11</b>	B	11B	Demonstrate strategies for coping with...stress.
<b>12</b>	C	3C	Distinguish risk factors associated with communicable...diseases.
<b>13</b>	A	12G	Demonstrate time-management skills.
<b>14</b>	D	11C	Describe strategies to show respect for individual differences including age differences.
<b>15</b>	C	4D	Discuss the legal implications regarding sexual activity as it relates to minor persons.