Student name:\_\_\_\_\_\_\_\_\_\_

**TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.
1)** Personal appearance is a part of the physical domain of health.

 ⊚ true
 ⊚ false

**2)** The concept of health comprises only physical health.

 ⊚ true
 ⊚ false

**3)** Health status is influenced by a large number of variables.

 ⊚ true
 ⊚ false

**4)** Perceived quality of life is reflected in the social domain of health.

 ⊚ true
 ⊚ false

**5)** Socially unhealthy people may focus attention on themselves and negatively affect the people around them.

 ⊚ true
 ⊚ false

**6)** The spiritual dimension of health mainly focuses on the religious beliefs and values.

 ⊚ true
 ⊚ false

**7)** As a result of compromised spiritual health, a student might feel isolated.

 ⊚ true
 ⊚ false

**8)** Optimal functioning means balancing the dimensions of health.

 ⊚ true
 ⊚ false

**9)** People with physical disabilities rarely reach optimal functioning in the other domains of health.

 ⊚ true
 ⊚ false

**10)** Since the turn of the century, length and quality of life has improved.

 ⊚ true
 ⊚ false

**11)** Nearly 50 percent of premature deaths in the United States are caused by environmental factors.

 ⊚ true
 ⊚ false

**12)** Vaccines led to the eradication of smallpox.

 ⊚ true
 ⊚ false

**13)** The CDC considers motor-vehicle safety improvements to be one of ten great public health achievements of the twentieth century.

 ⊚ true
 ⊚ false

**14)** Maternal and infant deaths have increased significantly since the 1900s.

 ⊚ true
 ⊚ false

**15)** Tooth decay can be prevented by the fluoridation of water.

 ⊚ true
 ⊚ false

**16)** Risky health behaviors are responsible for approximately 20 percent of premature morbidity and mortality.

 ⊚ true
 ⊚ false

**17)** Chronic conditions were the leading cause of death in the United States throughout the 1900s.

 ⊚ true
 ⊚ false

**18)** Individuals have a large amount of control over behavioral risk factors that may lead to premature death.

 ⊚ true
 ⊚ false

**19)** The six CDC priority areas for health education in schools should be targeted through risk-reducing educational strategies.

 ⊚ true
 ⊚ false

**20)** Together, behavioral choices and genetics are responsible for the majority of premature deaths.

 ⊚ true
 ⊚ false

**21)** The *Healthy* *People* overarching goals focus primarily on medical care and health promotion.

 ⊚ true
 ⊚ false

**22)** Researchers have projected that between 2010 and 2050 the life expectancy of Americans will level off or get shorter.

 ⊚ true
 ⊚ false

**23)** Organizations that advocate on behalf of school health encourage districts to designate senior-level staff to oversee school health related activities.

 ⊚ true
 ⊚ false

**24)** ASCD has called on educators and communities to ensure that each student enters school healthy and learns about and practices a healthy lifestyle.

 ⊚ true
 ⊚ false

**25)** Health promotion activities are gaining credibility as effective ways to promote student academic success.

 ⊚ true
 ⊚ false

**26)** Referral, support, and compliance with medical professionals is the best approach for school personnel with regard to medical care.

 ⊚ true
 ⊚ false

**27)** Requiring students to wash their hands before eating is an example of medical care.

 ⊚ true
 ⊚ false

**28)** Schools are more active in disease prevention than in the delivery of medical care.

 ⊚ true
 ⊚ false

**29)** The Coordinated School Health program has been replaced with Whole School, Whole Community, Whole Child model.

 ⊚ true
 ⊚ false

**30)** A quality health education program should contain a sequential curriculum from pre-kindergarten through twelfth grade.

 ⊚ true
 ⊚ false

**31)** Health education should include behavioral objectives in all three learning domains.

 ⊚ true
 ⊚ false

**32)** All states have adopted the national health education standards to guide curriculum development and instruction.

 ⊚ true
 ⊚ false

**33)** The HECAT can be used by school districts to develop health education courses of study.

 ⊚ true
 ⊚ false

**34)** It is common for the school nurse to provide instructional support to an elementary teacher.

 ⊚ true
 ⊚ false

**35)** Every state has a legislative mandate for the immunization of children.

 ⊚ true
 ⊚ false

**36)** School districts should have written policies for dealing with sick and injured students.

 ⊚ true
 ⊚ false

**37)** The recommended nurse: student ratio is 1:750 regardless of the number of students in the building with health conditions.

 ⊚ true
 ⊚ false

**38)** Policies and protocols associated with the administration of medicine should be handled by the school principal.

 ⊚ true
 ⊚ false

**39)** Federal law requires classroom teachers to repair school equipment that is potentially dangerous to students.

 ⊚ true
 ⊚ false

**40)** School districts are responsible for children's safety when they are being transported by school buses.

 ⊚ true
 ⊚ false

**41)** Dietary behaviors of students are important in both physical development and academic performance.

 ⊚ true
 ⊚ false

**42)** Schools are mandated by law to participate in the federal school lunch program.

 ⊚ true
 ⊚ false

**43)** Over 30 percent of school-age youth have a diagnosable mental health disorder.

 ⊚ true
 ⊚ false

**44)** Inadequate basic resources and psychological problems have been identified as two of the key barriers to learning.

 ⊚ true
 ⊚ false

**45)** Onset of puberty and entering a new school can be significant barriers to learning.

 ⊚ true
 ⊚ false

**46)** The main job of school counselors is to evaluate the psychological functioning and needs of students and coordinate referrals with community resources.

 ⊚ true
 ⊚ false

**47)** Recess should be eliminated after the second grade in order to increase the amount of time spent on academic studies.

 ⊚ true
 ⊚ false

**48)** Research has yet to establish a clear link between physical activity and academic outcomes for students.

 ⊚ true
 ⊚ false

**49)** It is reasonable for a teacher to substitute physical education class for recess every now and then when time constraints are tight.

 ⊚ true
 ⊚ false

**50)** School-based health promotion programs for faculty and staff have been shown to decrease absenteeism.

 ⊚ true
 ⊚ false

**51)** School-based health promotion programs for faculty and staff have shown limited impact on employee morale.

 ⊚ true
 ⊚ false

**52)** School districts should establish health advisory councils.

 ⊚ true
 ⊚ false

**53)** Schools should identify ways to work with nonprofit health agencies within the community.

 ⊚ true
 ⊚ false

**54)** The ASCD *Whole* *Child* position statement recommends school communities work together to ensure each student enters school healthy and learns how to live a healthy lifestyle.

 ⊚ true
 ⊚ false

**MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.
55)** The World Health Organization definition of *health* includes which three domains?

 A) physical, vocational, and emotional
 B) physical, social, and emotional
 C) physical, mental, and social
 D) physical, vocational, and spiritual

**56)** Which domain of health includes appearance and energy level?

 A) physical
 B) social
 C) emotional
 D) vocational

**57)** Which domain of health includes coping skills and self-control?

 A) physical
 B) social
 C) emotional
 D) vocational

**58)** The most visible and most often considered health domain is the

 A) physical domain.
 B) social domain.
 C) emotional domain.
 D) vocational domain.

**59)** Which domain of health includes the ability to share responsibility and collaborate?

 A) physical
 B) spiritual
 C) emotional
 D) vocational

**60)** Which domain of health includes self-acceptance and a personal value system?

 A) physical
 B) spiritual
 C) emotional
 D) vocational

**61)** Which of the following statements best describes the interaction among the domains of health?

 A) The domains act independently of one another.
 B) Physically healthy people are usually healthy in other domains.
 C) It is hard for a person with a disabling condition to be completely healthy in the other domains.
 D) Each domain contributes to overall personal health.

**62)** What important aspect of health does the Lōkahi Wheel depict?

 A) a nutritional diet
 B) the maintenance of "balance"
 C) prevention education
 D) a drug-free lifestyle

**63)** In the early 1900s, the greatest number of Americans died from which of the following?

 A) pathogenic parasites
 B) chronic ailments
 C) infectious diseases
 D) fungal diseases

**64)** Today, the greatest number of Americans dies from which of the following?

 A) pathogenic parasites
 B) chronic ailments
 C) viral and bacterial infections
 D) fungal diseases

**65)** Since 1900, the average life span of Americans has increased by more than

 A) 10 years.
 B) 20 years.
 C) 30 years.
 D) 40 years.

**66)** According to *Healthy* *People*, approximately 50 percent of premature morbidity and mortality is related to

 A) cancer and heart disease.
 B) risky health behaviors.
 C) motor vehicle accidents.
 D) infectious diseases.

**67)** According to *Healthy* *People*, what are the major variables contributing to premature death in the United States?

 A) heart disease, cancer, stroke, infectious diseases
 B) environmental hazards, toxins, access to medical care, infectious disease
 C) risk behaviors, environment, heredity, toxins
 D) heredity, environment, access to medical care, risk behaviors

**68)** Which fraction reflects how many American adults have at least one chronic disease?

 A) 1/4
 B) 1/3
 C) 1/2
 D) 2/3

**69)** Which of the following is NOT one of the ten great public health achievements of the twentieth century highlighted by the Centers for Disease Control and Prevention?

 A) refrigeration
 B) family planning
 C) safer workplace
 D) vaccinations

**70)** Evidence suggests there are four modifiable health risk behaviors that account for the majority of early deaths related to chronic disease. Those behaviors are:

 A) heart disease, diet, stroke, alcohol consumption
 B) physical activity, diet, tobacco use, alcohol consumption
 C) tobacco use, diet, physical activity, sexual behavior
 D) sexual behavior, environmental hazards, lack of medical care, alcohol consumption

**71)** Which of the following lists best represents the priorities identified by the CDC for health education programs?

 A) tobacco use, nutrition, injury-causing behaviors, seat belt use, diet, exercise
 B) tobacco use, nutrition, alcohol/drug use, injury-causing behaviors, exercise, sexual behaviors
 C) bicycle helmet use, gun safety, tobacco use, suicide, homicide, diet
 D) gun safety, diet, exercise, alcohol/drug use, seat belt use, suicide

**72)** Social circumstances influencing the health of Americans include:

 A) predispositions for certain conditions such as cancers and diabetes
 B) education, income, and race/ethnicity
 C) tobacco use with peers
 D) access to and the quality of medical care

**73)** Changes an individual makes to their diet would be considered what type of variable?

 A) biology and genetics
 B) social factor
 C) health services
 D) individual behavior

**74)** How often are new editions of *Healthy* *People* published?

 A) every four years
 B) every six years
 C) every eight years
 D) every ten years

**75)** What is the leading underlying risk behavior of actual causes of death in the United States?

 A) Alcohol
 B) Drug use
 C) Firearms
 D) Tobacco

**76)** Current science confirms

 A) student health behaviors and academic outcomes are inextricably intertwined.
 B) teachers have a significant impact on tobacco use behaviors.
 C) most schools have made health instruction a priority curricular area.
 D) the more physical activity children get, the higher their standardized test scores are.

**77)** Which of the following is NOT cited by the Commission on the Whole Child as being important to a "successful learner"?

 A) a supportive family
 B) community advocates
 C) religious and/or spiritual guidance
 D) government support

**78)** Which of the following consequences is an academic outcome that is affected by poor student health?

 A) self-destructive impulses
 B) standardized test scores
 C) hostility and anger
 D) cutting classes

**79)** Research confirms that participation in health risk behaviors compromises

 A) school attendance and standardized test scores.
 B) graduation rates and popularity.
 C) standardized test scores and service learning contributions.
 D) school attendance and service learning contributions.

**80)** Educational institutions are in a unique position to improve health outcomes for youth because

 A) parents wholeheartedly support health instruction.
 B) the school day provides ideal opportunity for health instruction.
 C) they can reach nearly all young people.
 D) schools have access to high quality educational resources.

**81)** The traditional approach to handling health issues in schools has been

 A) responding to crises as they occur.
 B) coordinating school health education programs.
 C) advocating for effective school nursing guidelines.
 D) developing institutional policy about health risk behaviors.

**82)** The key components for organizing effective school health programs are

 A) health prevention, disease promotion, medical intervention.
 B) medical care, disease prevention, crisis intervention.
 C) health promotion, disease prevention, medical care.
 D) medical care, crisis intervention, health promotion.

**83)** Reducing risks and alleviating disease to promote, preserve, and restore health and minimize suffering and distress is the definition of which term?

 A) disease prevention
 B) crisis intervention
 C) health promotion
 D) medical care

**84)** A "planned combination of educational, political, environmental, regulatory, or organizational mechanisms that support actions and conditions of living conducive to the health of individuals, groups, and communities" is the definition of which term?

 A) disease prevention
 B) crisis intervention
 C) health promotion
 D) medical care

**85)** Which of the following items best identifies the comparison in the poem "A Fence or an Ambulance"?

 A) crisis intervention vs. medical care
 B) medical care vs. disease prevention
 C) disease prevention vs. health promotion
 D) health promotion vs. crisis intervention

**86)** How many components are included in Whole School, Whole Community, Whole Child?

 A) 6
 B) 8
 C) 10
 D) 12

**87)** Whole School, Whole Community, Whole Child is designed to do all of the following, EXCEPT

 A) enhance communication and collaboration among health promotion professionals.
 B) maximize available expertise.
 C) design classroom activities.
 D) conserve taxpayers' dollars.

**88)** What is the most familiar element of Whole School, Whole Community, Whole Child?

 A) health education
 B) physical education
 C) nutritional services
 D) nursing services

**89)** In which three domains of learning is health instruction grounded?

 A) affective, psychomotor, physical
 B) cognitive, affective, psychomotor
 C) physical, mental, affective
 D) physical, cognitive, social

**90)** The Joint Committee on National Health Education Standards recommends that K-2 students receive a minimum of \_\_\_\_\_\_\_\_\_ hours of formal health instruction each school year.

 A) 20
 B) 30
 C) 40
 D) 50

**91)** The Joint Committee on National Health Education Standards recommends that students in grades 3-12 receive a minimum of \_\_\_\_\_\_\_\_\_ hours of formal health instruction each school year.

 A) 20
 B) 40
 C) 60
 D) 80

**92)** Which of the following has the CDC developed to help schools choose appropriate health education instructional materials?

 A) Health Education Curriculum Analysis Tool
 B) Healthy Curriculum for Healthy Students
 C) Curriculum Toolbox: A Healthy Learner
 D) Guide to School Curriculum

**93)** "A range of policies and programs designed to assess the health status of children" describes

 A) health education.
 B) physical education.
 C) health administration.
 D) school health services.

**94)** What is the ideal maximum ratio of nurse to students in the general school population?

 A) 1:250
 B) 1:550
 C) 1:750
 D) 1:1,000

**95)** Who has the primary responsibility for maintaining a healthy and safe environment at the building level?

 A) superintendent
 B) principal
 C) teachers
 D) playground attendants

**96)** A critical but often overlooked element of a healthy school environment is

 A) classroom lighting and glare.
 B) building age and condition.
 C) social and psychological climate.
 D) adequate ventilation.

**97)** The most significant way to ensure that schools are physically and emotionally safe is to

 A) establish, implement, and enforce relevant policies.
 B) have staff visible throughout the building before/after school and during passing times.
 C) practice safety drills throughout the school year.
 D) practice zero tolerance.

**98)** The management of the National School Lunch Act is under the control of which agency?

 A) U.S. Environmental Protection Agency
 B) U.S. Food and Drug Administration
 C) U.S. Department of Agriculture
 D) U.S. Department of Health and Human Services

**99)** Participation in school-based meal programs has demonstrated which of the following academic benefits?

 A) better school attendance, greater class participation, improved achievement
 B) improved attention span, decreased tardiness, improved achievement
 C) improved attention span, greater class participation, improved reading scores
 D) improved reading scores, greater class participation, improved math scores

**100)** Research estimates that how many children have a diagnosable mental disorder?

 A) 1 in 5
 B) 1 in 10
 C) 1 in 15
 D) 1 in 25

**101)** The professionals who most often provide mental health services for students in the school setting are

 A) psychiatrists, psychologists, and counselors.
 B) psychologists, counselors, and social workers.
 C) counselors, social workers, and psychiatrists.
 D) social workers, psychiatrists, and psychologists.

**102)** The health benefits of physical activity include:

 A) reduced feelings of depression and reduced risk of premature death
 B) reduced risk for premature death and increased risk of osteoporosis
 C) reduced risk of high blood pressure and decreased feelings of paranoia
 D) decreased feelings of paranoia and increased risk of osteoporosis

**103)** Academic benefits of school-based physical activity include:

 A) decreased feelings of paranoia and increased concentration
 B) increased concentration and improved math and reading scores
 C) improved math and reading scores and heightened sense stress levels
 D) increased concentration and heightened sense of stress levels

**104)** Which activity should be emphasized in the development of school physical education programs?

 A) interscholastic sports
 B) team sports
 C) individual sports
 D) physical fitness

**105)** Which of the following is the major reason that some boards of education have implemented school-based health promotion programs for faculty and staff?

 A) to decrease medical care costs
 B) to improve communication between faculty and students
 C) to respond to faculty requests for fitness activities
 D) to increase use of school facilities

**106)** Benefits of school-based health promotion programs for faculty and staff include:

 A) improved morale, increased productivity, decreased absenteeism
 B) decreased absenteeism, improved morale, improved fitness levels
 C) improved nutritional habits, increased productivity, increased employee retention
 D) increased employee retention, improved morale, improved nutritional habits

**107)** Which Whole School, Whole Community, Whole Child component is needed because student risk behaviors are influenced by a complex set of variables?

 A) health education
 B) faculty and staff health promotion
 C) family and community involvement
 D) school health services

**108)** The Association for Supervision and Curriculum Development (ASCD) concluded that health should be

 A) the cornerstone of our educational system.
 B) fully embedded into the educational environment for all students.
 C) a close second in importance to mathematics and reading.
 D) vital to school administrators because of its relationship to funding.

**109)** With regard to the determinants of health, which of the following would be included in the *environmental* *conditions* variable?

 A) pollutants
 B) legislation
 C) family history
 D) individual responses to external conditions

**SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.
110)** Describe the physical domain of health. (This could work for any domain)

**111)** Explain the components of spiritual health.

**112)** Discuss the changes in the leading causes of death from the 1900s to today.

**113)** Identify four discoveries, improvements, or advances since 1900 that have contributed to changes in the leading causes of death.

**114)** Identify the six behaviors that have been recognized by the CDC as critical for the prevention of premature morbidity and mortality.

**115)** Compare and contrast the concepts of medical care, disease prevention, and health promotion.

**116)** Explain the differences among the cognitive, affective, and psychomotor domains of learning.

**117)** Summarize the research findings regarding the relationship between school lunch programs and academic outcomes of students.

**118)** Describe how school psychologists and social workers can contribute to the goals of Whole School, Whole Community, Whole Child.

**119)** Identify the ten components of Whole School, Whole Community, Whole Child.

**120)** List the five major influential variables that contribute to premature morbidity and mortality.

**ESSAY. Write your answer in the space provided or on a separate sheet of paper.
121)** The Lōkahi Wheel examines six different domains of health that contribute to life "balance." Describe four of the six domains.

**122)** Differentiate among the six domains of health.

**123)** Explain the role schools can play in improving the health of youth.

**124)** Discuss three purposes of Whole School, Whole Community, Whole Child model.

**125)** Paraphrase the professional preparation competencies for elementary classroom teachers with the primary role of teaching health.

**126)** Discuss the functions of each of the ten components of Whole School, Whole Community, Whole Child model.

**127)** Discuss the importance of the National Health Education Standards for school health curriculum.

**128)** Summarize the responsibilities of the school nurse in relation to medical care, disease prevention, and health promotion.

**129)** Describe the components of a healthy school environment in terms of the physical, emotional, and social domains of student health.

**130)** Explain the importance of a daily physical education program for elementary school children.

**131)** If the budget could accommodate only one initiative, would you recommend school-site health promotion for faculty and staff, or family and community collaboration with the schools? Give a rationale for your choice.

**132)** Identify a specific health risk behavior. Explain how the ten components can work together to address the specific health risk behavior in a school community.

**Answer Key**Test name: chapter 1

1) TRUE

2) FALSE

3) TRUE

4) FALSE

5) TRUE

6) FALSE

7) TRUE

8) TRUE

9) FALSE

10) TRUE

11) FALSE

12) TRUE

13) TRUE

14) FALSE

15) TRUE

16) FALSE

17) FALSE

18) TRUE

19) TRUE

20) TRUE

21) FALSE

22) TRUE

23) TRUE

24) TRUE

25) TRUE

26) TRUE

27) FALSE

28) TRUE

29) TRUE

30) TRUE

31) TRUE

32) FALSE

33) TRUE

34) TRUE

35) TRUE

36) TRUE

37) FALSE

38) FALSE

39) FALSE

40) TRUE

41) TRUE

42) FALSE

43) FALSE

44) TRUE

45) TRUE

46) FALSE

47) FALSE

48) FALSE

49) FALSE

50) TRUE

51) FALSE

52) TRUE

53) TRUE

54) TRUE

55) C

56) A

57) C

58) A

59) D

60) B

61) D

62) B

63) C

64) B

65) C

66) B

67) D

68) C

69) A

70) B

71) B

72) B

73) D

74) D

75) D

76) A

77) C

78) B

79) A

80) C

81) A

82) C

83) A

84) C

85) B

86) C

87) C

88) A

89) B

90) C

91) D

92) A

93) D

94) C

95) B

96) C

97) A

98) C

99) A

100) A

101) B

102) A

103) B

104) D

105) A

106) A

107) C

108) B

109) A

110) Answers will vary.

111) Answers will vary.

112) Answers will vary.

113) Answers will vary.

114) Answers will vary.

115) Answers will vary.

116) Answers will vary.

117) Answers will vary.

118) Answers will vary.

119) Answers will vary.

120) Answers will vary.

121) Answers will vary.

122) Answers will vary.

123) Answers will vary.

124) Answers will vary.

125) Answers will vary.

126) Answers will vary.

127) Answers will vary.

128) Answers will vary.

129) Answers will vary.

130) Answers will vary.

131) Answers will vary.

132) Answers will vary.