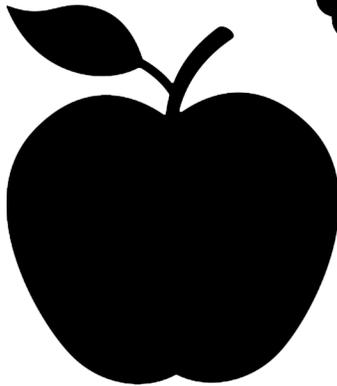
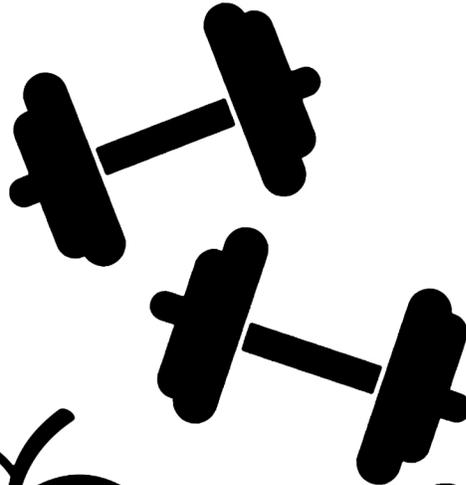


10TH GRADE FALL HEALTH CONTENT ASSESSMENT

2019-2020 SCHOOL YEAR



NOBLEFIT
BE WELL. BE EMPOWERED.

INSTRUCTIONS:

**READ EACH QUESTION CAREFULLY, READ ALL ANSWER CHOICES,
MAKE THE BEST SELECTION, AND MARK ALL ANSWERS ON YOUR ANSWER SHEET.**

-
1. You are at the grocery store with your family and notice there are not many fresh vegetables available for sale. What is the BEST alternative to make sure your family consumes the same nutrients?
 - a. Buy more frozen vegetables.
 - b. Buy vegetables next time you go shopping.
 - c. Replace all vegetables with proteins like beef and chicken.
 - d. Rely on processed foods with added nutrients.
 2. All of the following are risks associated with teen pregnancy EXCEPT:
 - a. An increased likelihood of receiving a high school diploma and college degree.
 - b. A greater need for public assistance, or welfare.
 - c. Medical complications, including lower birth weight or premature labor.
 - d. Less flexibility when choosing a college.
 3. Obesity, low energy, and cancer can all be side effects of consuming too much of what?
 - a. Whole foods
 - b. Refined or processed sugars
 - c. Proteins
 - d. Vitamins and minerals
 4. Which of the following students BEST demonstrates emotional wellness?
 - a. Soraya, who ignores her sad feelings and decides to only be happy after her parents' divorce
 - b. Miguel, who turns to alcohol after losing two grandparents
 - c. Mia, who avoids coming to school in order to cope with her ongoing academic struggles
 - d. Sam, who identifies how he is feeling and uses a journal to express his sadness about his brother's recent arrest
 5. Your sister, Loretta, is feeling uncomfortable and ashamed of her body and thinks her weight is a sign of personal failure. Loretta could be at risk for:
 - a. Low self-esteem.
 - b. An eating disorder.
 - c. Depression.
 - d. All of the above
 6. What is a possible consequence of contracting a sexually transmitted infection (STI)?
 - a. Infertility and even death if left untreated
 - b. Increased feelings of intimacy with your partner
 - c. Increased self-esteem
 - d. Passing the STI to loved ones through hugging or hand-holding
 7. Which of the following is a benefit associated with sleeping sufficient hours?
 - a. Car crashes and injuries
 - b. Doing poorly in school
 - c. Depression
 - d. Energy throughout the day
 8. Mitchell is confident in his ability to use more weight in a deadlift. When should Mitchell add more weight to the barbell?
 - a. Immediately; Mitchell is confident, so he can add weight.
 - b. After consulting with his peer, who agrees he should add more weight
 - c. Never; weight should not be added to this movement
 - d. After seeking out and gaining approval from the coach or instructor

-
9. When reading a nutrition label, it is usually healthier to choose food with:
- Fewer ingredients.
 - More ingredients.
 - High sodium.
 - High trans fats.
10. When performing a deadlift, push press, or squat, which of the following practices is safest?
- Relaxing the core and arching the back
 - Tightening the core and maintaining a neutral spine
 - Tightening the core and arching the back
 - Relaxing the core and maintaining a neutral spine
11. You are reading a food label and trying to decide if there are added sugars in the food. Which of the following ingredients is NOT a source of added sugar in a food?
- Molasses
 - Corn syrup
 - Oats
 - Brown sugar
12. If you just completed a fitness class and are deciding what to eat, which combination of carbohydrates and protein would be the best selection?
- Meat-lover's pizza
 - Cinnamon-raisin bread with Nutella
 - Apple with all-natural peanut butter
 - Pasta with alfredo sauce
13. DaShawn visits the social worker after finding out his mother must have surgery. He is scared about the outcome of the surgery and begins to cry while he sits in the office. The emotions DaShawn is experiencing are
- Immature.
 - Acceptable only in private.
 - Normal.
 - Feminine.
14. John arrived late to school and received one demerit. On his way to math class, he realizes that he forgot his calculator and has to go back to his locker to get it, resulting in another demerit for tardiness. John's impulse in the moment is to yell at his teacher. What is a tool John can use to make a positive decision in the moment?
- John thinks of the pros and cons of yelling at his teacher and decides it is not worth it; he will take a deep breath and focus on class.
 - John flips a coin. If it lands on heads, he will yell at his teacher. If it lands on tails, he will take three deep breaths and focus on class.
 - John thinks about what would give him the most satisfaction in that moment and does it.
 - John uses his "feelings brain" to act on impulse and yell at the teacher.
15. Which of the following is a correct statement about types of birth control and their effectiveness?
- Sterilization surgery for males and females is the least effective method of birth control.
 - The female condom is more effective than the male condom.
 - The birth control pill must be taken every day by a female in order to be effective.
 - Intrauterine devices (IUDs) must be changed every month.

-
16. Hydration can come from substances other than water. Which of the following is NOT a healthy hydration source?
- Watermelon
 - Diet soda
 - Unsweetened tea
 - Water
17. Jackson is experiencing constant worrying and nail biting and is sleeping too much. His stress may put him at risk for all of the following EXCEPT:
- Moodiness or general unhappiness.
 - Depression.
 - High self-esteem.
 - Resulting to alcohol, cigarettes, or drug use to relax.
18. In your second period PE class, some students are quick to give up, and the students who are very athletic only like to socialize with each other. What does this class need to improve in order for all students to support each other in reaching their goals?
- Judgement
 - Relaxation
 - Workouts
 - Synergy
19. Which of the following examples would be the best way for the students in the previous question to improve their class culture?
- Students set a goal for the next fitness test and create a plan for how to reach it together.
 - Students tell the teacher that everyone would work harder if they could play games instead of doing a workout.
 - Students promise their teacher that they will practice the push-ups at home, and change nothing about class performance.
 - The students wait for their PE teacher to do something to improve the class culture.
20. Select the combination of answers below that correctly identifies two faults on the push-up test:
- Arms at a 90-degree angle
 - Maintaining a plank
 - Chest resting at the bottom of the movement
 - Moving faster than the cadence
- (A) I and II
(B) III and IV
(C) II and IV
(D) I and III
21. You agree to help a friend rearrange the furniture in their bedroom, including a heavy bed frame. When you pick up your end of the bed from the floor and hold it near your hips, what functional movement are you performing?
- Push-up
 - Press
 - Deadlift
 - Squat
22. Which of the following is NOT a sign of alcohol abuse by adults of legal drinking age?
- Repeated neglect of responsibilities at home, work, or school, such as failing a class because of drinking
 - Occasionally having one or two drinks when out at a party or restaurant
 - Continued drinking even though it causes problems in your family
 - Using alcohol in situations when it is physically dangerous

-
23. Because she is concerned for animals' rights, Citlaly chose to become a vegetarian after watching a documentary about meat production. As part of Biology class, Citlaly is expected to dissect a pig and is repulsed by the thought. Which of the six basic emotions is Citlaly experiencing?
- Happiness
 - Surprise
 - Fear
 - Disgust
24. Which of the following is NOT a whole food?
- Almond
 - Watermelon
 - Salmon
 - American cheese
25. One of your friends achieves the honors level on push-ups and the mile run on the fitness pre-test. He tells you this year will be easy for him in PE because he will not have to try hard to pass the tests at the end of the year. How should you respond?
- Tell him not to worry about his fitness so that he can focus on other things. He should pass the end-of-year test without a problem.
 - Help him make a plan to continue to improve his fitness so he can show growth at the end of the year.
 - Agree with him. There is no reason to try too hard in PE this year.
 - Tell him to do the workouts in PE, but do not worry about working out outside of school.
26. Which of the following is NOT a risk associated with smoking tobacco?
- Damaged lung function, including the worsening of asthma.
 - Lung cancer as a result of secondhand smoke inhalation.
 - Distortion of the user's sense and ability to perceive reality, causing hallucinations.
 - Increased risk of illness and infections like bronchitis and pneumonia.
27. A friend tells you she is stressed. During the next month, she has at least two tests each week, soccer practice every day after school, family commitments, and the pressure of the PSAT this month. What advice would you give her on how to handle all of this stress?
- Tell her to quit the soccer team to make time for her other commitments.
 - Advise her to get some energy drinks and stay up all night to get ahead on her work.
 - Help her create a plan each week that outlines her time so she can follow through on all of the commitments she has made.
 - Advise her to take a week to relax and forget about everything, and then resume going to practice and doing her homework next week.
28. After intercourse, sperm travel to the fallopian tubes to meet the released egg. What is the process called when a sperm successfully penetrates and joins the egg?
- Fertilization
 - Ovulation
 - Menstruation
 - Proliferation

-
29. You notice a story in the news about gender neutral bathrooms. What is the correct difference between gender identity and biological sex?
- Biological sex is something people choose whereas gender identity describes who people are attracted to.
 - Gender identity describes who people are attracted to while biological sex is determined by DNA.
 - Biological sex is who people are attracted to while gender identity is how people choose to identify themselves.
 - Gender identity is how people choose to identify themselves while biological sex is determined by DNA.
30. It is important to be mindful of calorie balance, both in total calories and proportion of each macronutrient consumed. Which of the following is an accurate statement about calorie balance and its consequence?
- A person who is “in balance” will gain weight.
 - A person who is “in caloric excess” will gain weight.
 - A person who is “in caloric deficit” will gain weight.
 - A person who is “in caloric excess” will lose weight.