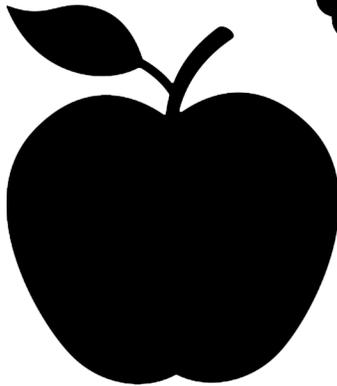
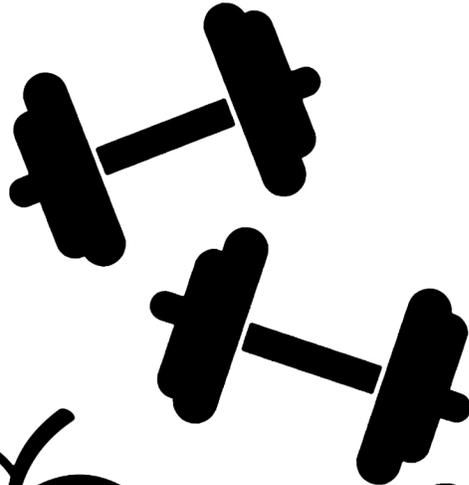


# 11TH GRADE FALL HEALTH CONTENT ASSESSMENT

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## 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.**

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1. Valerie sees a shooting in the alley near her house. Which of the following indicates that this traumatic experience is impacting Valerie's brain function?
    - a. Valerie struggles to maintain focus in class and when speaking with friends.
    - b. Valerie never lashed out before the incident. Now, Valerie is bothered by the smallest things.
    - c. Valerie cannot remember basic information about daily events
    - d. All of the above.
  
  2. You have a really tough football game against a non Noble opponent. Your school wins the game in the final seconds. When shaking hands with the other team, a few of their members do not offer their hands to shake. What is the BEST way to respond?
    - a. Walk past them, then tell your teammates not to shake their hands if you meet again.
    - b. Call the person out in the moment, then tell their coach, immediately.
    - c. Look the person in the eye and congratulate them on a hard fought game.
    - d. Take your hand away. They don't deserve your time, anyway.
  
  3. Coping strategies allow us to take an active role in recovering from stress. Emotional wellness requires approach coping after stressful or traumatic situations. Which of the following is an example of an approach strategy?
    - a. Taking a few sick days from school because you feel overwhelmed with school work.
    - b. Regularly partying with friends so that you do not think about your parents divorce.
    - c. Writing your thoughts in a journal to help you process your feelings after breaking up with your significant other.
    - d. Ignoring a friend's attempt to apologize after an argument that took place recently.
  
  4. After learning about emotional wellness in class, Marquan wants to help his friend Jesus access needed support following the death of Jesus' mother. How can Marquan BEST help Jesus in getting the support he needs?
    - a. Marquan can tell Jesus not to worry about. It's time to be a man.
    - b. Marquan can tell their friends what happened, so that everyone can talk to Jesus about it.
    - c. Marquan can encourage Jesus to meet with a social worker and honestly express what he is feeling.
    - d. Marquan can give Jesus the homework answers for the week, so that Jesus would have one less thing to worry about.

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5. During the summer, 16-year-old Miranda occasionally spends time with some girls in her neighborhood. These girls secretly smoke vape pens, and they have recently been pressuring Miranda to smoke. Which of the following strategies is likely to be MOST effective in helping Miranda respond to this peer pressure?
- She should hang out with the girls more often in order to get to know them better.
  - She should try it because occasional smoking will probably not harm her that much.
  - She should only smoke with them if they are really persistent.
  - She should think proactively about her goals, and decide on an action plan for when pressured.
6. The promotion of healthy, regular sleep is called Sleep hygiene. One of your classmates has been complaining that she is not sleeping well. Which of the following tips would NOT be useful in helping to improve her sleep?
- Remove electronic devices, and TVs from her bedroom.
  - Ensure that her bedroom is quiet, dark, and at a comfortable temperature.
  - Exercise regularly and avoid late afternoon naps.
  - Eat a large, spicy meal for a late night snack.
7. Which of the following are the healthiest sources of carbohydrates?
- Muffins and cheese snacks.
  - Baked goods and crackers.
  - Sweet potatoes, fruit, and wheat bread.
  - Wheat bread, oatmeal and soda.
8. Your advisory brother Raul is a picky eater and sometimes skips both breakfast and lunch in the cafeteria because he does not like the options offered. In PE class, you notice Raul start to sway side-to-side and look unsteady on his feet while running. The most probable cause is:
- Fainting, due to lack of hydration.
  - Exercise-induced lightheadedness, due to lack of proper nutrition.
  - Stroke, due to impeded blood flow to the brain.
  - An asthma attack, due to not taking his inhaler.
9. Which of the following is NOT an example of someone acting as an ally?
- Tykwon does not fully understand why his friend Lisa is not comfortable identifying as a woman and asks Lisa questions to increase his understanding.
  - David opens up and tells his friend Maggie that he is attracted to other men. Maggie tells David that she still cares about him but needs time to process the information.
  - Even though Sara is cisgender and heterosexual, she attends the gay rights march downtown to show her support for her LGBTQ friends.
  - Joy observes that her peers, Ricky and Dion, who both identify as men, started dating. She does not say anything to them directly but tends to gossip about their relationship behind their backs.

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10. You have learned a lot in your PE class about how to live a healthy lifestyle. You decide to help your family make better nutritional decisions. What would be LEAST helpful to becoming a change agent (someone who helps others make positive changes) within your family?
- Go grocery shopping with your family to help in making better choices in the moment.
  - Talk to your family about the value in eating whole foods.
  - Meet with your family, and make a meal plan for the week.
  - Do your own thing and hope that your family follows you.
11. After talking with your cousin Manuel, who is 22, about some of his recent drinking experiences, you have concerns that he might be becoming an alcoholic. Which of the following is NOT a sign of alcoholism?
- He mentions that he wants to quit drinking but has been unsuccessful on various attempts.
  - He drinks 1-2 alcoholic beverages in social settings a few times per month.
  - He states that he now needs more alcohol than he did before to feel the same effect.
  - He admits that he has trouble sleeping and feels anxious if he goes too long without a drink.
12. Which of the following is the BEST answer regarding how families can improve their physical fitness together?
- Create a 1 month push up challenge to see who can improve the most by the end of the month.
  - Bond more by watching tv, and going to the movies.
  - Regularly walk together after dinner
  - Both A and C
13. Seeds, fruit, or nuts can supply electrolytes just as easily as Gatorade can. However, enhanced beverages contain added sugar. What is the BEST option for rehydration for most active people?
- Coffee
  - Pop
  - Water
  - Fruit juice
14. Your classmate Jasmine is arching her back when beginning the strict press. What coaching cue could you give in an attempt to fix her fault?
- Cue Jasmine to try another exercise. The strict press is not for her.
  - Cue Jasmine to look at the ceiling.
  - Cue Jasmine to dip her hips faster before the press.
  - Cue Jasmine to keep her core tight, and take a deep breath first.
15. Why is it healthier to eat one serving of almonds, instead of one serving of potato chips?
- The potato will provide (complex) good carbohydrates for you.
  - The almonds will be really high in sodium.
  - The potato chips have added vitamins and minerals.
  - The almonds have more fiber, protein and vitamins.

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16. You are the captain of your track team. Your teammate frequently misses practice. She is a fast runner and still expects to be allowed to compete. Your coach asks you to sit down with your teammate to help improve her commitment to the team. Which of the following would be your first action?
- Ask your teammate questions to better understand why she has been missing practices before making any assumptions.
  - Tell her that she will not be a member of this team if she does not straighten up.
  - Tell your coach that this is not your responsibility, and that he should have the conversation.
  - Lecture your teammate about her irresponsibility.
17. A friend of yours is sexually active. They are concerned about contracting a sexually transmitted infection (STI). Which of the following types of contraception reduces their risk of contracting an STI?
- Emergency contraceptive pill
  - Intrauterine device (IUD)
  - Condoms
  - Birth control pills
18. You come home after basketball practice and are looking for something to eat. Since protein helps your muscles repair themselves after working out, which of the following would be the healthier option in providing what you need?
- Macaroni and cheese
  - A can of tuna
  - A leftover, fried pork chop
  - Pasta
19. The age of consent for sexual activity in the state of Illinois is:
- 15
  - 18
  - 17
  - 21
20. While looking at a food label for low-fat Greek yogurt, you notice that the listed serving size is 1 cup. The protein amount per serving is 15 grams. If you eat  $\frac{1}{2}$  a cup of yogurt, how many grams of protein would you consume?
- 5 grams
  - 7.5 grams
  - 20 grams
  - 15 grams
21. Various studies have shown that practicing gratitude is an effective stress management technique. Which of the following BEST states why practicing gratitude is good for your emotional well being?
- It can make others think that you care about them, even if you don't
  - You may manipulate others into doing favors for you in the future
  - It helps you to see life from a more positive perspective
  - It can improve your advisory grade
22. Which of the following foods would be healthiest based on the ingredients list?
- 2% milk, fruit preserves, brown sugar, cultures, natural flavors
  - Whole grain oats, fructose corn syrup, molasses, salt, sugar
  - Enriched flour, vegetable oil, dextrose, dried fruit, wheat starch
  - Roasted almonds, raisins, cranberries, sea salt

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23. While at a restaurant with your friends, you order rotisserie chicken, which comes with a choice of a side dish. Which of the following choices would be the healthiest options?
- Fried rice
  - Pumpkin pie
  - Broccoli with olive oil
  - Cheese french fries
24. You are in line at a coffee shop, and a person near you begins to cough forcefully. They begin to panic, stop coughing, and put their hands in front of their throat. These are all warning signs that this person is:
- Having an Asthma attack
  - Choking
  - Having a heart attack
  - Having a stroke
25. If a student is losing her lumbar curve during execution of a sumo deadlift (her back rounds out), what could you do to help in correcting this fault?
- Have her use a wider sumo stance
  - Have her use a narrower stance
  - Have her increase the weight she is lifting
  - Have her move on to another exercise - this isn't for her
26. Both oranges and orange juice contain sugar. Which is the healthier choice to consume, and why?
- The orange, because it is a whole food and has natural sugars and fiber
  - The orange, because it is high in protein
  - The orange juice, because it is more convenient
  - The orange juice, because it has refined sugars and will not fill you up as fast
27. You just finished PE class, and lunch is your next period. You brought a tuna sandwich, walnuts, Greek yogurt, and a bottle of water for lunch. What would be the BEST choice to add to your meal as a healthy carbohydrate option?
- Hard-boiled egg
  - Pasta salad
  - An apple
  - Goldfish crackers
28. Which of the following is the exercise circuit that would BEST improve the basic physical skill of cardiovascular and respiratory endurance?
- 15 biceps curls, 15 bench press, and 15 triceps dips, repeated three times
  - 10 minutes of yoga, 10 minutes of Pilates, and 10 minutes of meditation
  - jump-ropes, 10 squats, and 15 sit-ups, repeated quickly for 20 minutes
  - 20 minutes of walking followed by 5 minutes of stretching
29. The \_\_\_\_\_ begins with the shoulders slightly in front of the bar and the bar in contact with the shins. The movement ends with the bar at the hips, and the hips and knees fully extended.
- Clean
  - Deadlift
  - Strict Press
  - Push Press
30. All of the following are true statements about the birth control pill EXCEPT:
- The pill must be taken every day in order to be effective
  - The pill does not protect against STIs
  - The pill is the most effective method of birth control
  - Headaches, nausea, and breast tenderness are side effects of taking the pill