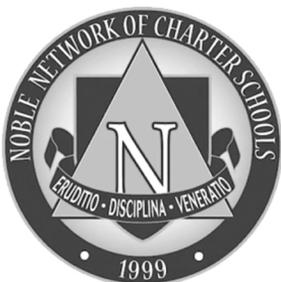
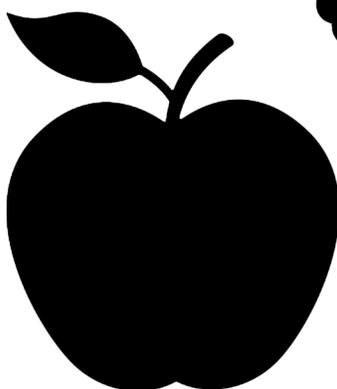
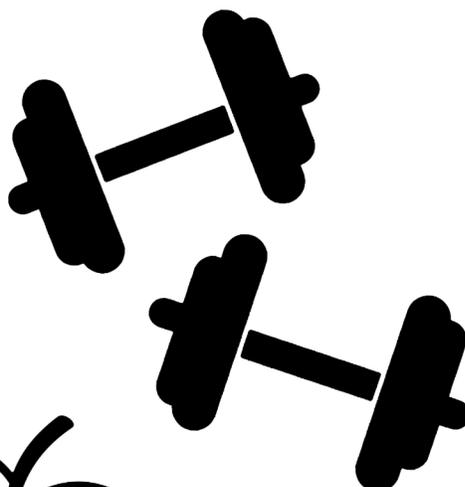


12TH GRADE FALL HEALTH CONTENT ASSESSMENT

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.**

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1. In college, you find that your roommate is sleeping many hours a day, is barely eating, and does not seem interested in things that used to make her happy. What would be the best way to help her?
 - a. Tell her to cheer up and not worry so much.
 - b. Give her an article about depression from your Psych 101 class.
 - c. Go out to the club with her.
 - d. Walk with her to student health services for an appointment with a counselor.

 2. You are watching a classmate complete an overhead squat. Even though they are using a light weight, every time they reach the bottom of the squat (hips below the knees), the weight comes forward, in front of their body. What is a possible reason for the weight coming forward?
 - a. Your classmate lacks the shoulder flexibility to keep the weight over their center (heels).
 - b. Your classmate should be squatting with their hips higher than their knees.
 - c. Your classmate is holding the bar too high over their head.
 - d. None of the above could be a cause of this fault.

 3. A serving size of chicken is about the size of your:
 - a. Head.
 - b. Palm.
 - c. Foot.
 - d. Face.

 4. Sean enrolled at the University of Iowa. Three weeks before orientation, his mom lost her job. Sean feels compelled to live at home, work, and help her pay the bills. He finds a job and enrolls in classes full time at the University of Illinois – Chicago so he can fulfill his dream of college graduation. Which of the following is a characteristic of Sean’s resilience?
 - a. Seeing himself as able to adapt instead of a victim
 - b. Giving in to strong feelings and impulses
 - c. Feeling out of control
 - d. Giving up on his dreams and aspirations

 5. What is the correct setup for a deadlift?
 - a. Your shoulders are slightly in front of the bar, and your weight is in your toes.
 - b. Your shoulders are slightly in front of the bar, and your weight is in your heels.
 - c. Your shoulders are in line with the bar, and your waist is bent at a 90° angle.
 - d. Your shoulders are slightly behind the bar, and your hips are in line with your shoulders.

 6. If you have the choice of eating one serving of different kinds of yogurt, which should you choose based on the information below?
 - a. 8g of sugar and 20g of protein per serving
 - b. 16g of sugar and 18g of protein per serving
 - c. 8g of sugar and 6g of protein per serving
 - d. 30g of sugar and 21g of protein per serving

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7. Nutrition labels can help us determine what food choices are healthy when shopping; however, you will not always have a food label to look at. When at a restaurant on your college campus, what is one way you can determine if a food is healthy?
 - a. If the restaurant is not fast food, the food is healthy.
 - b. Look for “organic” in the description.
 - c. Ask the restaurant for nutritional information or how the food is prepared.
 - d. The food is healthy if it is a meat or vegetable.
 8. What steps (in the correct order) would a person need to take in safely caring for an individual with external bleeding?
 - a. Cover the wound with a sterile dressing, apply direct pressure, and cover dressing with a bandage.
 - b. Apply direct pressure, cover the dressing with a bandage, and then call 911 if the bleeding does not stop.
 - c. Call 911, put gloves on, cover the wound, and apply direct pressure.
 - d. Put gloves on, cover the wound with a sterile dressing, apply direct pressure, cover dressing with a bandage, and call 911 if the bleeding does not stop.
 9. Which of the following is NOT an example of how you can maintain your sexual health when you are in an unstructured environment, such as college?
 - a. Respect your choice to not have sex by practicing abstinence.
 - b. Respect your body by practicing safe sex and getting regular STI screenings at the university medical center.
 - c. Give in to peer pressure and engage in sexual activity when under the influence of drugs and alcohol.
 - d. Educate yourself further about the risks associated with sexual activity and ask the health center for additional advice.
 10. In college, a student on your floor opens up to you about their identity –born female, they self-identify as a man. Which of the following is a CORRECT statement?
 - a. The student is cisgender, and you should not interact with them.
 - b. The student is transgender and should be treated with respect just like any other person.
 - c. The student is heterosexual and is attracted to people of a different gender.
 - d. The student is asexual and is considered neither male nor female.
 11. On a road trip, you stop at a gas station to get something to eat. A slice of pizza and a bag of fruit snacks look tempting; however, you know better and choose a healthier option. Which of these do you choose?
 - a. A protein bar and a bag of chips
 - b. A banana and a cheeseburger
 - c. Chocolate chip cookies and a Mountain Dew
 - d. A banana and almonds
 12. You are a few months into college and notice that you and your friends have developed some unhealthy habits. You find yourselves going back for second and third helpings in the dining hall even when you are not hungry, and have stopped exercising. How could you be a change agent (someone who helps make positive changes) for your group of friends?
 - a. Encourage your friend group to stay for longer periods of time in the dining hall.
 - b. Think about all the ways you could potentially help but never put a plan into action.
 - c. Create a workout challenge to see who can complete the most workouts in a two-week period.
 - d. Start exercising and eating better yourself –what they do is their problem.

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13. Janine felt disrespected when she was buying books at the college bookstore when the clerk asked her, "Are you sure you have enough money to pay for all of that?" What positive coping strategy can Janine use in this situation?
- She could avoid the bookstore in the future.
 - She could insult the clerk.
 - She could practice deep breathing before reporting the situation to the manager.
 - All of the above are positive coping strategies for this situation.
14. When at college, all of the following strategies will help you manage your stress levels EXCEPT:
- Partying with your roommate every night and skipping your morning class.
 - Creating a "to do" list and using a planner to map out your schedule of classes, tasks, and social activities.
 - Getting the right amount of sleep every night.
 - Not worrying about things beyond your control.
15. You get an apartment at college with a good friend. Together, you both decide it is important to eat healthy and to take turns preparing meals for dinner. It is your turn to plan meals for the week. What would be the healthiest selection for an evening meal?
- Fish with red peppers and green greens
 - Chicken with rice and broccoli, and chocolate pudding for dessert
 - Hot dogs with potato chips and a side of watermelon
 - Turkey with gravy and mashed potatoes
16. You are attending a family reunion, and are asked to bring a side dish for the gathering. What would be a healthy choice to bring?
- A fruit plate with caramel dipping sauce
 - A Jell-O fruit mold
 - Broccoli and cauliflower with cheese sauce
 - Roasted Brussels sprouts, onions, tomatoes, and sweet potatoes
17. Which of the following food lists provides the healthiest source of protein, carbohydrate, and fat, respectively?
- Cheeseburger, whole grain bread, butter
 - Tuna, spinach, avocado
 - Chicken, cereal, French fries
 - Beef, white rice, margarine
18. Which of the following is a TRUE statement about beverage choices?
- Gatorade should be avoided because of added sugar and replaced with regular soda for adequate hydration.
 - Unsweetened coffee should be avoided because of added sodium and replaced with Gatorade for adequate hydration.
 - Gatorade should be avoided because of added sugar and replaced with water for adequate hydration.
 - Water should be avoided because of added sodium and replaced with soda for adequate hydration.

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19. Which of the following college students is practicing the best sleep habits?
- Jonathan, who misses his 8AM classes often because he wants to catch up on sleep.
 - Jennifer, who is majoring in pre-med, so she pulls all night study sessions at the library using coffee and energy drinks to keep her going but sleeps 10 hours per night when she is not studying.
 - Ashley, who after getting at least 8 hours of sleep per night, wakes up daily to go to sunrise yoga with her roommate.
 - Antonio, who sleeps during the day and plays video games until late at night.
20. A common fault of the clean is not getting the elbows in front of the bar in the front rack position. What type of cue could you use to help a classmate achieve a better elbow position?
- Advise your classmate to do a different movement, as this one is too difficult.
 - Hold your hands up in front of your classmate as they perform a clean and ask them to touch their elbows to your hands.
 - Give your classmate some other exercises to get stronger shoulders.
 - Instruct your classmate to tighten their core and maintain a neutral spine.
21. How can you stay active and healthy in the less-structured environment of college?
- Walk or ride your bike to class instead of taking the bus.
 - Join an intramural (recreational) sports team.
 - Sign up for a fitness class, either for credit or at your campus gym.
 - All of the above
22. To prevent contracting HIV, one should do all of the following EXCEPT:
- Have unprotected sex with multiple partners.
 - Avoid risky behaviors, such as unprotected sex.
 - Use condoms when engaging in sexual intercourse.
 - Avoid drug use, as shared needles can transmit the virus.
23. After your sociology final, you get back to your dorm room and need something to eat. You do not have much to choose from. Which of these options would be the healthiest to eat?
- A bag of Doritos
 - Leftover cheese fries
 - Oatmeal
 - A bag of chips
24. It is the first semester of your freshman year, and you start dating someone you met in your biology class. After a few weeks, you notice you are having trouble balancing the relationship, school, and a healthy lifestyle. Which of the following is a way that you can work toward improving this balance?
- Push your school work to the side to be sure that you have time for your new relationship and time to work out. Your emotional and physical health are most important.
 - End your new relationship, even though it is something that makes you happy. You simply do not have time for it.
 - Make a weekly schedule for yourself and stick to it. Encourage your partner to go running and to the library to study with you and explain that both of these things are important for you to keep up with.
 - Continue with things as they are. They will sort themselves out as you get used to balancing it all.

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25. All of the following statements about how to access or attain contraception are correct EXCEPT:
- ALL emergency birth control pills, such as Plan B or Next Choice, require a prescription at the pharmacy.
 - Condoms are available over the counter without needing to see a doctor first.
 - Birth control pills and shots require a prescription from the doctor.
 - Intrauterine devices (IUDs) and implants must be inserted by a healthcare provider.
26. You plan on working out after your last class of the day, so you bring a water bottle with you to class. When should you be drinking water so that you are adequately hydrated for your workout?
- During your workout only
 - Before, during, and after your workout
 - Before and after your workout only
 - After your workout only
27. An athlete can successfully front squat heavy weight, but their elbows are so low they are almost touching their knees at the bottom of the squat. What is a possible cause of this fault?
- Keeping too tight of a grip on the bar.
 - Lack of mobility (flexibility) in the front rack position.
 - Lack of awareness of the position of the arms.
 - All of the above are possible causes of the fault.
28. All of the following statements regarding consent to engage in any sexual activity are true EXCEPT:
- The absence of “no” means “yes.”
 - It is a process that must be asked every step of the way.
 - It is never implied and cannot be assumed.
 - It is a voluntary, sober, and mutual agreement.
29. Which of the following people is misusing prescription drugs?
- Hector, who used information on WebMD (a website) to take an ADHD prescription that belongs to his friend.
 - Heidi, who is using her previous prescription for pain pills that were prescribed for her last year after surgery.
 - Jasmine, who took anxiety medication from her dad because it helps her relax.
 - All of the people listed above are misusing prescription drugs.
30. Many students find that they put on weight and become unhealthier during college. Which of the following BEST explains why this could happen?
- College is less structured than high school.
 - No one is ensuring that you workout and eat healthy.
 - Many campuses provide free transportation between classes and residence halls, therefore students walk less.
 - All of the above.