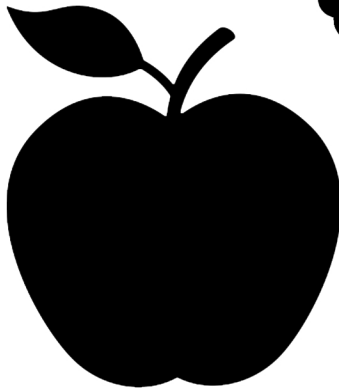
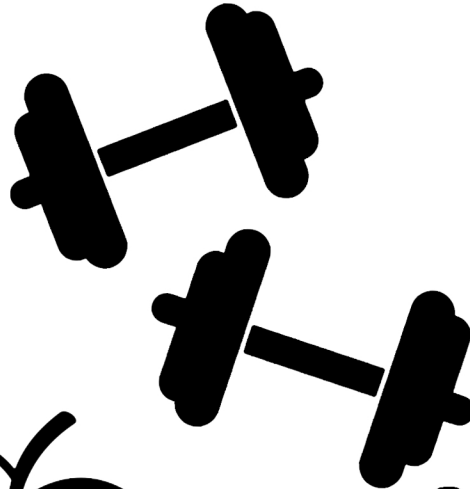


8TH GRADE FALL HEALTH CONTENT ASSESSMENT

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. What can be used as a strategy to manage stress?
 - a. Meditation
 - b. Setting goals
 - c. Prioritizing tasks
 - d. All of the above can be used to manage stress

 2. In order to live a healthier lifestyle, you have decided to get a total of 9 hours of sleep per night. How is getting enough sleep beneficial?
 - a. More sleep makes you drowsy throughout the day.
 - b. It reduces risk of chronic diseases.
 - c. You will be more moody in the morning with more sleep.
 - d. It is not beneficial to increase amount of sleeping hours.

 3. Michelle failed her last exam which brought her grade down to a D. The semester is ending in 2 weeks and she has 1 assignment and 1 quiz grade to bring up her grade. She sets the goal to do well on both to improve her class grade. Which of the following SMART goal components is her goal missing?
 - a. The goal is not specific.
 - b. The goal is not important.
 - c. The goal is not relevant.
 - d. The goal is not timely.

 4. Which of the following is a TRUE statement about use of a male latex condom?
 - a. The male latex condom is 100% effective in preventing STIs.
 - b. The male latex condom is just as good as abstinence in preventing pregnancy.
 - c. The male latex condom can help to prevent STIs, when used correctly and consistently.
 - d. Use of the male latex condom is only the female's responsibility.

 5. Sarah wants to create a healthy nutrition plan. Based on the options below, what would be the best way for her to get accurate calorie and other nutritional information about what she is eating?
 - a. She should look at videos on Instagram.
 - b. She should ask her friends about what they are eating.
 - c. She should watch food shows on TV.
 - d. She should read labels on the backs of food packages.

 6. Which are all risks associated with unhealthy eating?
 - a. High energy
 - b. Skin problems
 - c. Diabetes
 - d. B and C only

 7. Fruits and vegetables contain a variety of different vitamins and minerals that:
 - a. Help our bodies to fight off certain illnesses.
 - b. Help our bodies to stay cool year round.
 - c. Prevent our bodies from growing.
 - d. Have no effect on your health.

 8. Your cousin says to you, "I want to get in shape and live a healthier lifestyle." You invite her to train with you and would suggest all of the following except:
 - a. Do something active every day
 - b. Train with a friend
 - c. Train hard, even if you feel pain
 - d. Do a variety of activities

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9. Hilario decides that he would like to start making choices that are more in line with a healthy lifestyle. Which is of the following would be a good choice toward his goal?
- Choosing healthier food options
 - Working on controlling his anger
 - Brushing his teeth twice daily
 - All of the above would help him lead a healthier life
10. You are very tired and unmotivated when you arrive to your fitness class. As a leader of the school you would likely:
- Fake an injury so you can sit out of class.
 - Give your best effort despite not feeling well.
 - Only work hard when the teacher is looking in your direction during the workout.
 - Workout at half speed and complain about how tired you are.
11. Sasha waits until the last moment to start major assignments. She likely:
- Breaks larger assignments into smaller, manageable chunks.
 - Sees improvement in all areas without adding much stress.
 - Stays up all night and scrambles to meet deadlines.
 - Plans ahead and creates a plan of action.
12. Arthur tries to model a growth mindset for his younger siblings. Despite a tendency to put off important tasks until the last minute, he now has a plan where he doesn't watch television or play video games until all his school work and chores are finished. To his surprise, not only did his grades improve, but he now has more time to play video games and watch television. Using the 7 Habits, he would describe this as:
- Synergy
 - A win-win
 - Being reactive
 - All of the above
13. Jaime attempted to do the junk food challenge during lunch. She ate four bags of Hot Cheetos, drank three cans of Pepsi and had three servings of cheese fries in 30 minutes. Afterwards, she felt dizzy and light headed. Why did she feel ill after lunch?
- She did not like the meal.
 - She had a lunch with very little nutritional value.
 - She was very excited about her soccer game that afternoon.
 - She did not eat enough food at lunch.
14. Part of practicing a healthy lifestyle is being mindful about what foods and how much of each you consume. Why is mindful eating important to a healthy lifestyle?
- It could help you avoid illness related to a poor diet.
 - It could help you to discover which foods make you feel your best.
 - It could promote discipline and a routine.
 - All of the above are true about mindful eating.

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15. Which of the following is part of a positive wellness lifestyle?
- Maintaining good hygiene by washing your hands
 - Not brushing your teeth
 - Sleeping 4-5 hours per night
 - Not valuing yourself
16. Which best defines anger, the second stage of grief?
- A feeling of great pleasure and happiness
 - A feeling of annoyance, displeasure, or hostility
 - A feeling of being depressed
 - A feeling of expecting or predicting that something will happen
17. Rita does not like it when her friends send inappropriate Facebook photos. She wants to fit in but is uncomfortable. What should Rita do?
- Do nothing, they are only photos.
 - Speak honestly and openly about her feelings to her friends.
 - Send them inappropriate photos, too.
 - Talk badly about her friends at school.
18. Joy and Renee are both 16 years old and agree to engage in sexual activity. Which Statement is true regarding consent and their behavior?
- They are under 17, so Illinois law says they are not able to consent to sexual activity.
 - It's ok since both have discussed it and both consented.
 - It's ok, but only if their parents don't find out.
 - It's ok because everyone else in their grade does it.
19. What is the best way to remain hydrated while keeping sugar consumption low?
- Pack slices of watermelon
 - Keep Gatorade in your locker
 - Keep lemonade in a bottle and carry it daily
 - Drink water frequently via a bottle or fountain
20. Goal setting is a crucial part of a healthy lifestyle. Which of the following is a SMART goal?
- A goal that is Standard, Measurable, Achievable, Relevant and Topical
 - A goal that is Specific, Measurable, Achievable, Relevant and Time-bound
 - A goal that is Specific, Measurable, Accurate, Relevant and Topical
 - A goal that is Standard, Mediocre, Achievable, Relevant and Time-bound
21. What is the best way to wash your body?
- With just warm water
 - With just cold water
 - With mild soap and warm water
 - With extremely strong soap and cold water
22. Jordan and Mikala are best friends. During class, Jordan finds out through another student that Mikala told his biggest secret to her friends. What is the appropriate way for Jordan to react?
- Jordan asks the teacher to give Mikala 4 demerits.
 - Jordan screams at Mikala in front of the entire class.
 - Jordan asks Mikala to speak about this situation at another moment when they are both ready.
 - None of the above are appropriate responses to Mikala.

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23. Milika is thirsty and wants to select a beverage that is low in natural and or processed sugars. Which option would be a good choice for her?
- Sweet tea
 - Hi- C orange
 - Water with lemon
 - All of the above are good beverage options
24. Which of the following is an example of a risk associated with unhealthy eating?
- Heart disease
 - Nervous system problems
 - Transportation problems
 - A and B only
25. Which of the following is most likely to lead to obesity?
- Eating large servings of candy and desserts daily
 - Eating vegetables in normal servings over time
 - Eating the recommended servings of macronutrients
 - Eating sweets as a treat occasionally
26. As the year progresses, you notice yourself getting stronger and running faster but you struggle to pass the mile run. You know this means you need to work on stamina. Which activity would help improve your stamina?
- Lifting heavy weights
 - Yoga for flexibility
 - Long distance running
 - Reducing the number of times per week you are active
27. On the walk to school you see a younger student that looks sad and is walking alone. Despite feeling tired and wanting to hustle to school to review for a quiz, a student-leader would:
- Walk behind the sad student, hoping not to be seen.
 - Walk right past the sad student and hustle to school to review for the quiz.
 - Take a few moments to say hello before heading into the school.
 - All of the above
28. Your friend is frustrated with her mother. You do not rush to offer advice. Instead you listen to what she has to say and only offer advice if she asks for it. This is an example of seeking to understand before being understood. If done correctly your friend is likely to notice which the following characteristics?
- Eye contact
 - Taking the time to restate what's being said
 - Support without judgement
 - All of the above

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29. While performing weighted squats in class, Damian maintained perfect technique for 5 reps, but when he increased the weight, he was not able to keep his back straight. As Damian's partner you tell him to stop after one rep. Then what should you do?
- Ask the teacher to turn up the music so Damian can get pumped before he tries the same weight again.
 - Remind Damian to focus on perfect technique over adding weight. He should lower the weight in order to maintain perfect technique.
 - Damian looks frustrated that you told him to stop, so you should just say sorry and let him finish the set at a heavier weight.
 - Motivate Damian by calling him weak for struggling with such an easy weight, then tell him to try again, but "for real" this time.
30. Crystal's pet bird that she has had for 9 years died recently. She was very sad at first, but has been acting more normal the past few days. Which of the following stages of grief is she likely going through now?
- Excitement
 - Anger
 - Denial
 - Acceptance
31. Jason does not feel ready to have sex with his girlfriend but his friends have been pressuring him to do so. How should Jason respond to this situation?
- Jason should give in to peer pressure since others are doing it.
 - Jason should lie and say that he and his girlfriend have had sex.
 - Jason should follow his true feelings - he should not have sex just because others told him to.
 - Jason should ask his girlfriend to lie about having sex.
32. Which of the following could make it difficult to stay hydrated?
- Physical Activity
 - Fever or illness
 - A hot climate
 - All of the above
33. Suzie is trying to create a plan that will help her maintain a healthy diet and lifestyle. With her parent's support, she made a grocery list of nutritional foods, started exercising, began reading food labels and learned about appropriate servings and portions. Which statement is true about Suzie's plan?
- Suzie should have asked her neighbor for help creating her plan.
 - Suzie is more likely to stick with her plan because it's specific.
 - Suzie is going to have trouble sticking to her plan because she didn't put any junk food in it.
 - All of the above are true about Suzie's plan.
34. Tammy mentioned feeling a lot of back pain and you noticed she was rounding her shoulders while sitting in class. To help Tammy you may want to tell her:
- To keep her back straight even when she is sitting.
 - Functional movements only apply in PE.
 - Her back pain will never go away, no matter what she tries.
 - If she doesn't change anything, she will eventually feel better.

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35. Anthony is a very hard working student with great grades. Despite his success, Anthony gets sick a lot, rarely smiles, and doesn't look forward to school. Which of the 7 Habits should Anthony focus on to help create more balance in his life?
- Sharpen the saw
 - Put first things first
 - Begin with the end in mind
 - Be a procrastinator
36. You notice your grandmother is struggling to sit down and stand up from a chair with proper technique. You know she needs to work on her squat strength but also want to keep her safe by selecting an easier movement to help her improve her stability and confidence. Which of the following would be the best option for your grandma to start with?
- Holding a wall sit
 - Squatting with added weight on her back
 - Practicing running
 - Practicing jumping rope
37. Which of the following is a FALSE statement about the use of appropriate forms of contraception during sexual activity?
- Contraception is the responsibility of only one partner.
 - Contraception should be used to help prevent STIs.
 - Contraception is the responsibility of both partners.
 - Contraception can help to prevent pregnancy.
38. In order to best manage your emotions, you should:
- Examine your physical response
 - Respond to a situation immediately without thinking
 - Not reflect afterwards
 - None of the above would help you manage your emotions
39. Setting limits and learning to say no can be beneficial to your:
- Stress-management
 - Nutritional Application
 - Physical Fitness
 - Social Media Following
40. Claudia and Sonja have been in a relationship for 3 months, and Claudia's friends have recently been pressuring her to become sexually active with Sonja. At this point in their relationship, Claudia wants to strengthen their emotional connection. Which of the following would be her BEST response to peer pressure to engage in sexual activity?
- Claudia should yell at her friends to leave her alone.
 - Claudia should encourage Sonja to lie and tell her friends that they've had sex.
 - Claudia should cry and hope they will stop pressuring her.
 - Claudia should calmly express her decision to wait and tell her friends to respect that.