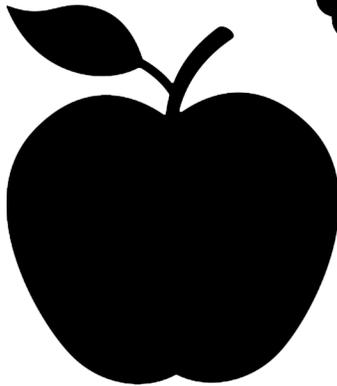
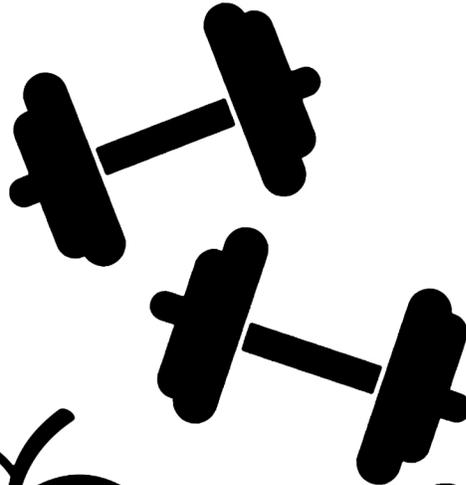


9TH GRADE FALL HEALTH CONTENT ASSESSMENT

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. Felicity wants to work on her flexibility so it is easier for her to sit on the floor cross-legged during Town Halls. Which of the following exercises will BEST help Felicity improve her flexibility?
 - a. Dynamic stretching for 15 minutes each day
 - b. Repetitions of holding a plank for a minute
 - c. Running a mile for time
 - d. Adding weight to the bar for a deadlift

 2. Abstinence is the decision to refrain from sexual activity and is the only 100% effective way to prevent pregnancy. What measures can students take to remain abstinent?
 - a. Think about the consequences of having sex
 - b. Learn how to say “no” in a pressured situation
 - c. Stay true to their decisions about sexual health, no matter the situation
 - d. All of the above

 3. During PE, your classmate is struggling to master the form of an air squat. He continues to try, but each time his form is corrected by the teacher. Your classmate is getting frustrated. Which of the following actions could you take to best improve class synergy?
 - a. A proactive response in which you perform the squats with your classmate and encourage him along the way
 - b. A proactive response in which you ask the teacher to stay nearby because your classmate will probably continue to squat incorrectly
 - c. A reactive response in which you wait for someone else to help your classmate
 - d. A reactive response in which you tell your classmate to move on to an easier exercise

 4. Which of the following is in the correct order from needing the MOST hours of sleep to the LEAST hours of sleep per night?
 - a. Adults, newborns, preschool-aged children, school-aged children, teens
 - b. Newborns, preschool-aged children, school- aged children, teens, adults
 - c. Adults, school-aged children, teens, preschool-aged children, newborns
 - d. Newborns, adults, school-aged children, teens, preschool-aged children

 5. Every night, your mom expects you to wash the dishes after dinner. You hate washing dishes, but you really like playing your new video game. Tonight, you feel like skipping the dishes and playing your game instead. Using your “wise mind,” the best decision to make in this situation would be:
 - a. To play your game and skip doing the dishes.
 - b. To do the dishes first and set yourself a bed time. Then, play the game after you’ve done the dishes and before bedtime.
 - c. To play your game first and do the dishes after you finish. You will stay up later if you need to finish them.
 - d. To ask your little brother to do the dishes instead and promise to do them twice next week.

 6. In which of the following situations would you be experiencing eustress (positive stress)?
 - a. Starting a new job at your local supermarket
 - b. Failing an exam due to not studying
 - c. Losing your luggage on your family vacation
 - d. Getting into a disagreement with your best friend

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7. Which of the following is NOT a whole food?
- Shrimp
 - Kale
 - Chocolate cake
 - Apples
8. The Noble Network has three pillars: discipline, honor, and scholarship. Which of the following is the best demonstrates discipline as it relates to fitness?
- Providing 25% effort in at least one PE class per week
 - Changing the correct technique for completing a perfect fitness push-up without teacher approval
 - Training every day to the best of your ability and encouraging others inside and outside of school to prioritize fitness and health in their lives
 - Deciding not to participate in PE class due to an inability to break through your comfort zone
9. All of the following are examples of a positive body image EXCEPT:
- You have a clear, true perception of your shape – you see the various parts of your body as they really are.
 - You feel comfortable and confident in your shape.
 - You are convinced that you are unattractive.
 - You feel proud and accepting of your unique body.
10. If you want to provide your body with protein, which of the following foods should you eat?
- Beef
 - Lettuce
 - Whole-grain pasta
 - Olive oil
11. Understanding the differences between your courage zone and comfort zone is a great way to improve your overall health. In fitness, people living in the courage zone display what qualities?
- Only try exercises they are good at
 - Try most exercises, but make fun of others trying something new
 - Tell their peers to do the bare minimum
 - Are unafraid to learn new exercises
12. Which of the following people shows mental, physical, and emotional readiness to engage in a sexual relationship?
- Andy, who figures it's ok because he has been in a relationship with his partner for six months but hasn't talked to them about it yet
 - Jackie, who has been talking to her crush from English class at a party but admits they have consumed alcohol that evening
 - Josh, who has talked through the risks with his partner, made sure they were ready, and bought condoms to protect against pregnancy and sexually transmitted infections
 - Arielle, who wants to prove to her partner that she loves them and is committed to their relationship
13. On a nutrition label, the ingredients listed first are present in the largest amount. Which of the product ingredient lists below would be the best nutritional choice for a snack?
- Almonds, unsweetened apples, walnuts, raisins
 - Enriched flour, tomato puree, mozzarella cheese substitute
 - Sugar, molasses, apples
 - Fruit puree, corn syrup, sugar, modified corn starch

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14. Sarah and her partner have been dating for two weeks. Last night, her partner texted her and said that they should just be friends. Sarah, crying, called her best friend and told her that she was having a hard time with the breakup. Which of the six basic emotions was Sarah experiencing?
- Sadness
 - Happiness
 - Disgust
 - Fear
15. There are three macronutrients: fats, carbohydrates, and protein. Which of the following food combinations has a considerable amount of all three macronutrient groups?
- Plain whole-grain bread
 - Cheerios with skim (0% fat) milk
 - Spinach salad with avocado and chicken
 - Fruit salad with brown sugar and whipped cream
16. Processed (refined) sugars can have a variety of effects on your body, including:
- Rotting your teeth.
 - Contributing to obesity.
 - Contributing to diabetes.
 - All of the above
17. At what stage in a female's cycle is she most likely to become pregnant?
- Ovulation: when an egg is released from the ovary and available to be fertilized.
 - Menstruation: when the lining of the uterus sheds, releasing blood and tissues out of the vagina.
 - Proliferation: when the lining of the uterus begins to thicken.
 - A female is equally likely to become pregnant at any point in her cycle.
18. Which of the following forms of birth control is NOT effective in preventing sexually transmitted infections (STIs)?
- Abstinence
 - Condoms
 - Birth control pill
 - All of the above forms of contraception will prevent against STIs.
19. Which of the following is a fault – a movement done incorrectly – on the push-up test?
- Knees touching the ground
 - Elbows bent at 90 degrees
 - Maintaining a solid plank position
 - Timing with the cadence
20. As a freshman entering a competitive and rigorous environment, you will be expected to develop as a NobleFit student. What are the three pillars of fitness that contribute to being NobleFit?
- Health, sleep, and healthy relationships
 - Physical health, leadership, and being close-minded
 - Emotional, mental will-power, and healthy eating
 - Mental, emotional, and physical fitness
21. Processed (refined) sugars are:
- Natural sugars, like those found in apples.
 - Sugars that have not been modified, like those found in raw honey.
 - Sugars that have been artificially added or modified, like those found in Oreos.
 - A macronutrient we need a lot of.

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22. Carbohydrates are present in a variety of healthy and unhealthy foods. Unhealthy sources of carbohydrates include foods such as white bread, plain pasta, Skittles, Cheez-Its, and cupcakes. Which of the following foods is a healthy source of carbohydrates?
- Oatmeal
 - Whole wheat bread
 - Sweet potato
 - All of the above
23. A whole food-based lifestyle is comprised of mostly unprocessed foods. If you are at the grocery store looking for these foods, in which area would you find a variety of whole foods to choose from?
- Cereal aisle
 - Produce (fruits and vegetables) section
 - Cheese section
 - Soda aisle
24. Which of the following accurately describes how functional movement helps us in everyday life?
- Deadlifts help us lift heavy things off the ground.
 - Squats help us put heavy boxes on a shelf.
 - Presses help us stand up from a seated position.
 - None of the above
25. Emotions:
- Give us information about what we are experiencing and help us know how to react.
 - Always cause negative behaviors.
 - Are negative experiences that we never learn to control
 - Stop us from making positive behavioral choices.
26. The active chemical in marijuana is THC. Which of the following statements about marijuana and the effects of THC is FALSE?
- THC affects the area of the brain that controls balance and coordination.
 - Marijuana is legal to buy, sell, and carry under Federal Law, and improves academic performance.
 - THC affects decision-making and can therefore lead to people engaging in risky sexual behavior.
 - Use of marijuana can lead to problems studying, remembering new material, and recalling recent events.
27. Which of the following statements about addiction is true?
- Addiction is a physical dependency that has nothing to do with the brain.
 - Addiction can only happen with illegal drugs.
 - Drug addiction can cause serious, negative long-term consequences, including problems with physical and mental health.
 - Addiction is easy to overcome with the help of a doctor or medical professional.
28. In a squat, what is one of the main points of performance?
- Moving downward until the head is tucked between the knees
 - Moving downward until the hips are below the knees
 - Moving downward until the hips are below the ankles
 - Moving downward until the chest is below the knees

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29. What is the importance of maintaining a neutral spine during a functional movement?
- This position helps protect the spine from injury during exercise.
 - Maintaining a neutral spine reinforces balance.
 - This position allows you to use the targeted muscles during the movement.
 - All of the above are reasons maintaining a neutral spine is important.

30. If you have dry skin, headaches, muscle cramps, and dark-colored urine, you are most likely experiencing:
- Migraine.
 - Stroke.
 - Dehydration.
 - Heart disease.