

# Health Semester Test Study Guide

## Note Card Requirements

Both sides- hand written only

### Human Sexuality

- What is sexuality? What are we referring to when discussing feelings of sexuality and whether they are normal?
- What changes are occurring during your maturation process? What is different about how your ability to think in the concrete and abstract is developed and maturing as well?
- What is the purpose of the pituitary gland and what is it controlling?
- In terms of relationships, what are some facts and myths associated with a successful and unsuccessful relationship? What pressures can be put on someone during this time? What are ways to take a stand and ensure your voice is heard in the relationship?
- What is abstinence? Should relationships be based on whether you are having sex or not?
- What are ways and methods of saying "No"?
- What are the body parts associated with the male and female reproductive system? Be able to describe the process of the maturation of a sperm and egg.
- How does a pregnancy occur, what is the full process? What hormone is released by the mother once an egg has been fertilized? What are the different options for delivery? Who determines the gender of the baby? What should you consider for prenatal care?
- What is infertility?
- What are problems that teen parents might face? Is schooling affected? What about economic issues?
- What are common Sexually Transmitted Diseases? Their symptoms? What activities might be putting you at risk to contract one?

### Mental-Emotional Health

- What is self-concept? What can it affect in our lives?
- What is empathy? What can we do to include this in our relationships?
- How can peer pressure affect our mental/emotional health? What is the difference between positive and negative peer pressure?
- What affects our attitude? What can determine if we are pessimistic or optimistic about something?

### Overall Health

- What is the Health Triangle? What are the three sides? What does each side cover?
- What is the Health Continuum? How is our health affected by this?

### Personal Safety

- What can you do to ensure you are safe on the internet? Where can I go to find reliable information?
- How can I ensure that I am in a safe environment that is clean and healthy?
- Why is it important to have regular check-ups from the doctor?
- How do I ensure that I have proper healthcare and information needed to stay healthy?
- Is it important to always wear a bicycle helmet when biking? Why? What else is it important to do to ensure my body is safe from harm?
- How would one properly use sunscreen?
- What should you do in all situations (home, car, school, open field) during a natural disaster (earthquake, hurricane, tornado, flood, etc.)?
- What are common First Aid practices for common injuries (animal bites, burns, sprains, tears, etc.)?

### Relationships

- What are qualities of a healthy friendships?
- What are some effective ways of dealing with a bully? What if you are a bystander?
- What are the differences between a strong and a poor relationship?
- What is mutual respect? What role does it play in a relationship?
- What are things to consider when dating? How do maintain a healthy dating relationship?

- What communication techniques should be prevalent in a healthy relationship? Unhealthy relationship?
- How would you describe the difference between passive and aggressive relationship?

### **Advertising**

- What are common advertising techniques used by companies to gain customers?
- How might misleading information on advertisements cause harm?
- What could happen to a company who uses misleading information in an advertisement?

### **Parenting**

- What is neglect? How can that harm the children in the family? How could it harm the parents in a family?
- What would be examples of good family values and procedures? Would these be the same for everyone?

### **Nutrition**

- How is muscle mass related to the amount of calories needed and burned by a person?
- What is the process our body goes through in order to burn calories?
- What are healthy eating habits? How might you encourage a friend with unhealthy habits to start eating healthily? Would you include information about nutrients? Calories?
- What are the three eating disorders we discussed? Know their potential causes, symptoms, outcomes and ways to help those with them.
- What is the purpose of certain nutrients? Which nutrient might be responsible for healthy skin?
- What is weight management? What are the positive and negatives associated with it?

### **Anatomy**

- What is the structure of a muscle? What are the three types and where can they be found?
- What is the structure of a bone? What are the four types of joints and where can they be found?
- What is the difference between a ligament and a tendon?
- What are potential problems of the muscular, skeletal, and nervous systems? How can those be treated?
- What is a nerve impulse?

### **Drugs**

- What is alcoholism?
- What happens when you become dependent on drugs or alcohol?
- What types of problems or illnesses are associated with over use of drugs and alcohol? Are you more apt to contract HIV/AIDS?
- What are the different types of drugs? What do each of them do?
- What are the steps for recovery when one has alcoholism?
- Why is it unsafe to drink and drive? What can the law do about it?

### **Additional Vocabulary**

Cartilage	Cerebral Palsy	Inpatient facility
Ligament	Medicare	Premium
Tendon	Pseudoscience	Outpatient Facility
Osteoporosis	Mortality	Deductibles
Neuron	Life expectancy	Diagnosis
Cerebrum	Flexor	Hospice Care
Cerebellum	Muscle tone	Flagellum
Brain stem	Sprain	Ectopic pregnancy