

EXAM INFORMATION

This Health and Human Development exam (formerly known as Here's to Your Health) was developed to enable schools to award credit to students for knowledge equivalent to that learned by students taking the course. This exam covers human development and relationships; fitness and nutrition, disease and prevention; consumer awareness; psychological disorders and addictive behaviors; intentional injuries; and violence.

The exam contains 100 questions to be answered in 2 hours.

EXAM CONTENT OUTLINE

The following is an outline of the content areas covered in the examination. The approximate percentage of the examination devoted to each content area is also noted.

I. Health, Wellness, and Mind/Body Connection – 20%

- Dimensions of wellness, health and lifestyles
- Healthy People 2020
- Prevention
- Mental health and mental illness

II. Human Development and Relationships – 15%

- Reproduction
- Sexuality
- Intimate relationships
- Healthy aging
- Death and bereavement

III. Addiction – 15%

- Addictive behavior
- Alcohol
- Tobacco
- Other drugs
- Other addictions

IV. Fitness and Nutrition – 20%

- Components of physical fitness
- Nutrition and its effect

V. Risk Factors, Disease and Disease Prevention – 20%

- Infectious diseases
- The cardiovascular system
- Types of cancer
- Immune disorders
- Diabetes, arthritis and genetic-related disorders
- Stress management and coping mechanisms
- Common neurological disorders

VI. Safety, Consumer Awareness and Environmental Concerns – 10%

- Safety
- Intentional injuries and violence
- Consumer awareness

- Environmental concerns

REFERENCES

Below is a list of reference publications that were either used as a reference to create the exam, or were used as textbooks in college courses of the same or similar title at the time the test was developed. You may reference either the current edition of these titles **or** textbooks currently used at a local college or university for the same class title. It is recommended that you reference **more than one textbook** on the topics outlined in this fact sheet.

You should **begin by checking textbook content against the content outline** provided **before** selecting textbooks that cover the test content from which to study.

Sources for study material are suggested but not limited to the following:

- Core Concepts in Health*, Brief 13th Edition, 2013, Paul Insel and Walton Roth, McGraw-Hill.
- Focus on Health*, Loose Leaf Edition, 11th Edition, 2012, Dale Hahn, Wayne Payne, Ellen Lucas, McGraw-Hill.

SAMPLE QUESTIONS

All test questions are in a multiple-choice format, with one correct answer and three incorrect options. The following are samples of the types of questions that may appear on the exam. Other sample questions can be found in the form of practice exams by visiting our website at www.getcollegecredit.com/testprep.

- The primary stage of Dr. Hans Seyle's general adaptation syndrome during which the body prepares to fight or flee is known as
 - resistance
 - alarm
 - exhaustion
 - compulsion
- The heart and the network of blood vessels leading to and from it comprise the
 - cardiovascular system
 - respiratory system
 - endocrine system
 - reproductive system
- Which of the following abnormalities in a developing fetus can be detected by the use of amniocentesis?
 - Cleft palate
 - Tay-Sachs disease
 - Phocomelia
 - Diabetes
- The primary pollutant that forms acid rain after entering the atmosphere is
 - fluorocarbon
 - ozone
 - sulphur dioxide

- d. dioxin
- 5. Which of the following is a barrier form of birth control?
 - a. oral contraceptive
 - b. intrauterine device
 - c. diaphragm
 - d. rhythm method
- 6. A cancer of the connective tissues is known as a?
 - a. carcinoma
 - b. Leukemia
 - c. sarcoma
 - d. melanoma
- 7. The intoxicating ingredient in beer, wine and distilled liquor is called?
 - a. methanol
 - b. isopropanol
 - c. butanol
 - d. ethanol
- 8. Drugs made from opium or its synthetic equivalent are classified as
 - a. narcotic analgesics
 - b. hallucinogens
 - c. sedative-hypnotics
 - d. major tranquilizers
- 9. The lowest level of Abraham Maslow’s “hierarchy of needs is
 - a. self-actualization
 - b. esteem
 - c. physiological needs
 - d. love

The American Council on Education’s College Credit Recommendation Service (ACE CREDIT) has evaluated the DSST test development process and content of this exam. It has made the following recommendations:

Area or Course Equivalent:	Health and Human Development
Level:	Lower-level baccalaureate
Amount of Credit:	Three (3) semester hours
Minimum Score:	400
Source:	American Council on Education – College Credit Recommendation Service

Answers to sample questions: 1-B, 2-A, 3-B, 4-C, 5-C, 6-C, 7-D, 8-A, 9-C

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CREDIT RECOMMENDATIONS

