



## TEST INFORMATION

This test was developed to enable schools to award credit to students for knowledge equivalent to that which is learned by students taking the course. The school may choose to award college credit to the student based on the achievement of a passing score. The ultimate passing score for each examination is determined by the school. The school is provided with a recommended passing score established by a national committee of college faculty who teach this course. The DSST program is approved by the American Council on Education (ACE), and the ACE provides both a recommended passing score and a recommended number of credits that could be awarded to successful students. Some schools set their own standards for awarding credit and may require a higher score than the ACE recommendation. Students should obtain this information from the institution from which they expect to receive credit.

## 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.

### Here's to Your Health Exam Content Outline

- I. Health, Wellness, and Mind/Body Connection – 20%**
  - A. Responsible health, wellness, and lifestyles
  - B. Mental health defined
  - C. Psychological disorders
  - D. Stress management and coping mechanisms
  - E. Addictive behaviors
- II. Human Development and Relationships – 20%**
  - A. Reproduction
  - B. Sexuality
  - C. Intimate relationships
  - D. Healthy aging
  - E. Death and bereavement

- III. Substance Use and Abuse – 10%**

- A. Alcohol
- B. Tobacco
- C. Other drugs
- D. Substance-use behaviors

- IV. Fitness and Nutrition – 15%**

- A. Components of physical fitness
- B. Good nutrition and its effects

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

- A. Infectious diseases, including sexually transmitted diseases, prevention and control
- B. The cardiovascular system
- C. Types of cancer
- D. Immune disorders
- E. Diabetes, arthritis, and genetic-related disorders
- F. Common neurological disorders

- VI. Safety, Consumer Awareness, and Environmental Concerns – 15%**

- A. Safety
- B. Intentional injuries and violence
- C. Consumer awareness
- D. Environmental concerns

## REFERENCES

The following references were used to create exam questions and may be useful as study materials. You are not allowed to use these references in the testing center.

1. *Core Concepts in Health, Brief*, Tenth Edition, 2008, Paul Insel and Walton Roth, McGraw-Hill, Two Penn Plaza, New York, NY 10121, [books.mcgraw-hill.com](http://books.mcgraw-hill.com).
2. *Focus on Health*, Eighth Edition, 2007, Dale Hahn, Wayne Payne, Ellen Lucas, McGraw-Hill, Two Penn Plaza, New York, NY 10121, [books.mcgraw-hill.com](http://books.mcgraw-hill.com).

## SAMPLE QUESTIONS

All test questions are in a multiple-choice format, with one correct answer and three incorrect options. You may want to review these samples for the type of questions that may appear on the exam.

- The primary stage of Dr. Hans Selye'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
  - dioxin
- Which of the following is a barrier form of birth control?
  - Oral contraceptive
  - Intrauterine device
  - Diaphragm
  - Rhythm method
- A cancer of the connective tissues is known as a
  - carcinoma
  - leukemia
  - sarcoma
  - melanoma

- The intoxicating ingredient in beer, wine, and distilled liquor is called
  - methanol
  - isopropanol
  - butanol
  - ethanol
- Drugs made from opium or its synthetic equivalent are classified as
  - narcotic analgesics
  - hallucinogens
  - sedative-hypnotics
  - major tranquilizers
- The lowest level of Abraham Maslow's "hierarchy of needs" is
  - self-actualization
  - esteem
  - physiological needs
  - love

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

## CREDIT RECOMMENDATIONS

The Center for Adult Learning and Educational Credentials of the American Council on Education (ACE) has reviewed and evaluated the DSST test development process and has made the following recommendations:

Area or Course Equivalent	Here's to Your Health
Level	Upper-level baccalaureate
Amount of Credit	Three (3) semester hours
Source	ACE Commission on Education Credit and Credentials

It is advisable that schools develop a consistent policy about awarding credit based on scores from this test and that the policy be reviewed periodically. Prometric will be happy to help schools in this effort.

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