



### 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 wellness; mind/body connection; human development and relationships; fitness and nutrition; disease and prevention; consumer awareness; psychological disorders and addictive behaviors; accidents and accident prevention; consumer awareness and environmental concerns. The exam contains 100 questions to be answered in 2 hours.

**Form Codes:** SQ508, SR508, SZ508, SY508

### CREDIT RECOMMENDATIONS

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:** 3 Semester Hours

**Minimum Score:** 400

**Source:** [www.acenet.edu](http://www.acenet.edu)

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### 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%**

- a. Dimensions of wellness, health, and lifestyles
- b. Healthy People 2020
- c. Prevention
- d. Mental health and mental illness
- e. Behavior change models
- f. Health systems
- g. Stress management and coping mechanisms

#### **II. Human Development and Relationships** **15%**

- a. Reproduction
  1. Reproductive anatomy
  2. Contraception, conception, and pregnancy
  3. Reproductive health
  4. Complications in pregnancy
- b. Sexuality
  1. Gender identification
  2. Sexual response and patterns of behavior
  3. Dysfunction
  4. Sexual orientation
- c. Relationships
  1. Dating, marriage, and alternatives
  2. Development of intimate relationships

- 3. Parenting
- 4. Professional
- d. Healthy Aging
  - 1. Physiological aspects of aging
  - 2. Social theories of aging
  - 3. Coping with changes
  - 4. Strategies for healthy aging
  - 5. Social attitudes toward aging
- e. Death and Bereavement
  - 1. Fear and denial
  - 2. Coping mechanisms
  - 3. Patterns of grief
  - 4. Planning for death

**III. Addiction** **15%**

- a. Addictive behavior
- b. Alcohol
  - 1. Physiology and pathology of alcohol use
  - 2. Problem drinking and its related effects
  - 3. Recovery programs for alcohol abuse
- c. Tobacco
  - 1. Physiology and pathology of smoking and use of smokeless tobacco products
  - 2. Smoking behavior and social issues
  - 3. Quitting smoking
- d. Other drugs
  - 1. Classifications
  - 2. Factors influencing the effect of drugs
  - 3. Psychoactive drugs
  - 4. Prescription drug abuse
  - 5. Designer drugs
  - 6. Treatment programs
- e. Other addictions

**IV. Fitness and Nutrition** **20%**

- a. Components of physical fitness
  - 1. Physical activity and exercise programs
  - 2. Health and wellness benefits of exercise
- b. Nutrition and its effects
  - 1. Basic nutrients and food groups
  - 2. Dietary concerns for wellness
  - 3. Strategies for healthy weight
  - 4. Organic and GMO foods
  - 5. Eating disorders

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

- a. Infectious diseases
  - 1. Prevention and control
  - 2. Sexually transmitted infections
- b. The cardiovascular system
  - 1. Related diseases
  - 2. Risk factors and prevention
  - 3. Chronic disorders
- c. Types of cancer
  - 1. Causes and detection
  - 2. Various treatments
  - 3. Prevention
- d. Immune disorders
- e. Diabetes, arthritis, and other chronic disorders
- f. Common neurological disorders

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

- a. Safety
  - 1. Accident, injury, and illness prevention
  - 2. Causes and types of accidents
- b. Intentional injuries and violence
- c. Consumer awareness
  - 1. Medical care and insurance
  - 2. Prescription and over-the-counter drugs
  - 3. Consumer protection
- d. Environmental concerns
  - 1. Population growth and dynamics
  - 2. Causes, effects, and control of pollution
  - 3. Environmental health agencies
  - 4. Disaster planning

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## 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:

1. *Connect Core Concepts in Health*, Brief 15<sup>th</sup> Edition, 2018, Paul Insel, Walton Roth, and Claire Insel, McGraw-Hill.
  2. *Focus on Health*, Loose Leaf Edition, 11<sup>th</sup> Edition, 2012, Dale Hahn, Wayne Payne and Ellen Lucas, McGraw- Hill.
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## 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.

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

Answers to sample questions:

1-B, 2-A, 3-B, 4-C, 5-C, 6-C, 7-D, 8-A, 9-C