

# College Prep Health Final Exam Study Guide

My health final exam is \_\_\_\_\_

\*\*\* Come prepared!!! Bring 2 #2 pencils. You may use pen on writing portion. You may use a calculator. \*\*\*

## **Format**

30 multiple choice, 20 matching, 1 essay

**Everything** we have covered during the semester could be on the final exam.

\*\*Below is a list of chapters that we covered and some of the major topics and concepts from each chapter. This list does **NOT** include everything that will be on the final exam.

Chapter 1 . Understanding Health and Wellness

\*health triangle, health continuum, influences on health, risk behaviors, abstinence, lifestyle factors, health education, health literacy

Chapter 2 . Taking Charge of Your Health

\*health skills, communication skills, refusal skills, conflict resolution, accessing information, analyzing influences, decision-making process, goal-setting, being a health consumer, advertising, resolving consumer problems, health fraud

Chapter 3 . Achieving Mental and Emotional Health

\*characteristics of good M/E health, self-esteem, hierarchy of needs, personal identity, traits of good character, expressing emotions

Chapter 4 . Managing Stress and Coping with Loss

\*causes of stress, body's stress response, stress-management techniques, the grieving process, mourning

Chapter 5 . Mental and Emotional Problems

\*anxiety & depression, mental disorders, suicide risk factors, suicide prevention, getting help, treatment methods

Chapter 10 . Nutrition for Health

\*food influences, nutrients, MyPlate.gov, healthy guidelines, reading food labels

Chapter 11 . Managing Weight and Eating Behaviors (only BMI and eating disorders)

\* body mass index, maintaining a healthy weight, eating disorders, body image

Chapter 20 . Tobacco

\*short-term and long-term health risks, other consequences, quitting tobacco, environmental tobacco smoke

Chapter 21 . Alcohol

\*factors that influence use, short-term and long-term health risks, other risks, alcohol and driving, alcoholism, treatment

Chapter 22 . Illegal Drugs

\*substance abuse, factors that influence use, health effects, 7 categories of drugs, living drug free, getting help, treatment

Chapter 16 . Reproductive Health (Lessons 2 & 3 only)

\*location and function of all parts of the male and female reproductive systems

Chapter 17 . The Beginning of the Life Cycle (Lesson 1 only)

\*fertilization and implantation, stages of development during pregnancy, stages of birth, prenatal care

Chapter 24 . Sexually Transmitted Diseases and HIV/AIDS

\*asymptomatic, common STDs and their signs/symptoms, causes for the epidemic, STD prevention, STD treatment, how HIV is spread, how HIV affects the immune system, HIV prevention, HIV/AIDS treatment

## **Possible study suggestions:**

- review main ideas and vocabulary from every lesson
- chapter reviews at the end of each chapter
- assessment at the end of each chapter
- online quizzes and e-flashcards at [www.glencoe.com](http://www.glencoe.com)
- look over chapter review assignments that were handed back
- look over questions that were handed back

Have a purpose when you study . don't just stare at the book!