

PLACE[®]

STUDY GUIDE

31 Health



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for Colorado Educators[®]**

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PART 1: GENERAL INFORMATION ABOUT THE PLACE® AND TEST PREPARATION

Part 1 of this study guide is contained in a separate PDF file. Click the link below to view or print this section:

[General Information About the PLACE and Test Preparation](#)

PART 2: FIELD-SPECIFIC INFORMATION

TEST FIELD 31: HEALTH

INTRODUCTION

This section includes a list of the test objectives, immediately followed by a set of practice multiple-choice questions. For test areas that include a performance assessment (Basic Skills, all languages other than English, Special Education Specialist: Visually Impaired), one or more practice performance assignments (as applicable) will also be included.

TEST OBJECTIVES. As noted earlier, the test objectives are broad, conceptual statements that reflect the knowledge, skills, and understanding an entry-level educator needs to teach effectively in a Colorado classroom. The list of test objectives represents the **only** source of information about what a specific test will cover.

PRACTICE MULTIPLE-CHOICE QUESTIONS. The practice multiple-choice questions included in this section are designed to give you an introduction to the nature of the questions included on the PLACE test. The practice questions represent the various types of multiple-choice questions you may expect to see on an actual test; however, they are **not** designed to provide diagnostic information to help you identify specific areas of individual strengths and weaknesses or to predict your performance on the test as a whole.

When you answer the practice multiple-choice questions, you may wish to use the answer key to check your answers. To help you identify how the test objectives are measured, the objective statement to which each multiple-choice question corresponds is listed in the answer key. When you are finished with the practice questions, you may wish to go back and review the entire list of test objectives and descriptive statements for your test area.

OBJECTIVES



TEST FIELD 31: HEALTH

Physical Health
Mental Health
Social Health
Community Health

PHYSICAL HEALTH

Understand the stages of physical growth and development.

Includes stages and characteristics of prenatal development, infancy, childhood, adolescence, adulthood, aging, and dying.

Understand pregnancy and childbirth.

Includes signs and symptoms of pregnancy; stages and characteristics of physical changes during pregnancy; ways in which a pregnant woman can affect the health of a developing fetus; and stages and characteristics of labor and the birth process.

Understand heredity.

Includes basic principles of genetics; factors that may affect heredity; differences between hereditary factors and environmental influences; and hereditary disorders and their characteristics.

Understand aging and death.

Includes the stages, characteristics, and social and emotional factors involved in the aging process; methods of care for the terminally ill; and aspects of death, dying, and grieving among various cultures and traditions in society.

Understand communicable diseases.

Includes communicable diseases and their signs, symptoms, causes, transmission mechanisms, treatment, and prevention; and historical and contemporary epidemics and their effects on society.

Understand noncommunicable diseases.

Includes noncommunicable diseases and their signs, symptoms, causes, treatment, means of detection, methods for prevention, and effects on society.

Understand food and nutrition.

Includes the classification of foods by the basic food groups; the food sources of basic nutrients; the components of a balanced diet; and the effects of diet and nutrition on personal health.

Analyze nutritional requirements.

Includes specific nutritional and caloric intake requirements for different age groups; and the influence of various factors on nutritional requirements.

Understand health problems involving nutrition.

Includes healthful eating habits; causes, characteristics, and effects of obesity and malnutrition; the effects of diets that include excessive use of sodium, sugar, cholesterol, or fats; the effects of specific nutritional deficiencies; and the causes, symptoms, and treatment of eating disorders.

Understand dental health and care.

Includes healthful dental care habits affecting plaque control; the causes and characteristics of dental problems and diseases; types and characteristics of dental procedures for correcting and preventing dental problems; and nutritional requirements for good dental health.

Understand the role of rest and exercise in maintaining good health.

Includes the characteristics and benefits of different types of exercise; the sleep and exercise requirements for different age groups; the role of exercise in weight control; and the relationship between exercise and health.

Understand the principles of wellness.

Includes the components of physical, social, and emotional wellness; the design of an individual wellness plan; and the relationship between mental and physical wellness and illness.

MENTAL HEALTH**Understand emotional development.**

Includes basic human needs related to emotional development; stages and characteristics of infancy, childhood, adolescence, and adulthood; and the development of self-concept.

Understand stress.

Includes types, characteristics, and potential consequences of eustress and distress affecting adolescents and adults; and examples and characteristics of mechanisms for coping with stress (including defense mechanisms).

Understand the decision-making process.

Includes steps in the decision-making process and their application to health-related problems.

Understand mental disorders.

Includes mental and emotional disorders and their symptoms; and techniques for prevention.

Understand the causes and prevention of suicide.

Includes factors associated with, causes of, and ways to prevent suicide; characteristics of individuals with suicidal tendencies; and agencies and services available for the prevention of suicide.

Identify types of substances and their effects.

Includes types of stimulants and depressants (including over-the-counter drugs), hallucinogens, and narcotics, and their effects.

Understand the use, misuse, and abuse of alcohol.

Includes the physical, emotional, and psychological influences and effects of alcohol use on the user and others; and types and characteristics of agencies and treatment programs concerned with the use of alcohol.

Understand the use, misuse, and abuse of tobacco.

Includes the physical, emotional, and psychological influences and effects of tobacco use (cigarette smoking and smokeless tobacco) on the user and others.

Understand the use, misuse, and abuse of substances other than alcohol and tobacco.

Includes characteristics of psychological and physical substance dependency; common characteristics and behaviors of people using specific kinds of drugs; emotional and psychological causes and effects of drug use on the user and others; and types and characteristics of agencies and treatment programs concerned with drug use and abuse.

SOCIAL HEALTH

Understand family roles, relationships, and responsibilities.

Includes roles and responsibilities of family members; factors and responsibilities involved in planning families and raising children; factors that influence relationships among family members; and communication strategies among family members.

Understand social behavior among adolescents.

Includes constructive and destructive social behaviors; the influence of peers and peer groups in determining behavior; examples and characteristics of common problems among adolescents; and ways to help adolescents develop constructive social behavior.

Understand sexual development and reproduction.

Includes characteristics and stages of sexual development in males and females; and physiological processes involved in reproduction.

Understand consumer fraud and deception in health-related areas.

Includes examples and characteristics of health quackery and consumer fraud in health-related areas; techniques used in advertising health products; and the effects of health advertising.

Analyze choices related to health-care services, professionals, and agencies.

Includes the responsibilities of health-care providers; situations in which health-care services may be needed; and factors that influence the choice of health-care services (public and private).

Apply consumer skills in health-related areas.

Includes comparison shopping skills for health-care products; interpretation of signs, symbols, and product labels; types and characteristics of health insurance; and health-related government agencies and the services they provide.

Understand child abuse and abduction.

Includes the causes, indications, emotional and psychological effects, and prevention of child abuse and abduction; and types and characteristics of agencies and programs that deal with child abuse and abduction.

Understand the problems of sexual harassment, abuse, and rape.

Includes the characteristics and prevention of sexual harassment, abuse, and rape; emotional, physical, and psychological effects of sexual harassment, abuse, and rape; and types and characteristics of agencies, programs, and regulations that deal with sexual harassment, abuse, and rape.

COMMUNITY HEALTH

Identify environmental health hazards.

Includes characteristics and health hazards presented by various types of pollution, hazardous substances, and natural disasters; and the effects of technological development on the natural environment and the population.

Understand causes of accidents and methods of preventing accidents.

Includes common causes of accidents and accident-prevention methods.

Understand procedures for emergencies involving breathing and choking.

Includes situations requiring and procedures for administering CPR, mouth-to-mouth resuscitation, and care for choking.

Understand procedures for emergencies involving bleeding, shock, and physical injuries.

Includes first aid procedures for bleeding, shock, and various other physical injuries.

Identify safety requirements and procedures.

Includes requirements and procedures for safety in the home, schools, recreation, and sports.

Identify community health agencies and services.

Includes types of agencies, facilities, and professionals that provide medical care, mental health care, and emergency medical assistance; and the services they provide.

PRACTICE QUESTIONS: HEALTH



1. The consumption of moderate amounts of alcohol for even a brief period during pregnancy can sometimes cause birth defects. Which of the following factors is likely to be most significant in determining the specific type and seriousness of damage done to the developing fetus?
 - A. the gender of the fetus
 - B. the overall health of the mother during pregnancy
 - C. the developmental stage of the fetus when the alcohol was consumed
 - D. the mother's alcohol consumption habits before pregnancy
2. Insufficient vitamin D in a child's diet is most likely to have a negative effect on the development of which of the following body systems?
 - A. skeletal
 - B. muscular
 - C. circulatory
 - D. digestive
3. Obesity would most likely affect an individual's health by:
 - A. increasing the risk of heart disease.
 - B. lowering blood pressure.
 - C. increasing the risk of respiratory diseases.
 - D. lowering the blood sugar level.

4. Which of the following is most likely to be a primary benefit of following a personal wellness plan throughout life?
- A. The need for routine medical checkups will be lessened.
 - B. The frequency and severity of certain types of illnesses will be decreased.
 - C. The rate of the body's physiological response to stress will be slower.
 - D. The efficiency with which the body absorbs nutrients from digested food will be increased.
5. Distress and eustress are similar primarily in that they both tend to:
- A. elicit the same physiological responses from the body.
 - B. be perceived in the same way by the person experiencing them.
 - C. be brought about by the same types of events and situations.
 - D. result from the suppression of feelings.
6. Which of the following psychological factors is most significant in preventing a relapse by an individual recovering from alcohol dependence?
- A. having a close relationship with a spouse
 - B. having an easygoing personality
 - C. having a high level of intelligence
 - D. having a strong sense of self-efficacy
7. Abuse of an over-the-counter stimulant such as diet pills would most likely cause which of the following side effects?
- A. decreased reaction time
 - B. lack of coordination
 - C. increased heart rate
 - D. slurred speech

8. Which of the following types of social behavior is most commonly found during the adolescent stage of development?
- A. withdrawing from social and school activities
 - B. affirming solidarity with peers through preferences in fashion and music
 - C. rejecting their parents' fundamental moral values
 - D. showing greater concern about the welfare of others than for themselves
9. The most effective and appropriate way to lower expenses associated with prescription medication is to:
- A. buy the medication in large quantities at one time instead of in many smaller amounts.
 - B. decrease the amount or frequency of doses of the medication.
 - C. purchase the medication from a hospital pharmacy rather than from an independent pharmacy.
 - D. ask the doctor to prescribe a generic form of the medication.
10. The effects of environmental hazards such as air pollution and soil contamination from pesticides are often not easily apparent because:
- A. such hazards primarily affect animal populations rather than human populations.
 - B. exposure to such hazards generally is easy to avoid.
 - C. illnesses caused by such hazards tend to develop gradually over a period of time.
 - D. such hazards generally can be cleaned up quickly and effectively.
11. Which of the following would be the most effective first aid treatment for an acute ankle sprain?
- A. wrapping the ankle in moistened towels
 - B. taping the ankle and gently moving the foot in a rotating motion
 - C. soaking the ankle in warm water
 - D. elevating the ankle and applying ice

ANSWER KEY: HEALTH



Question Number	Correct Response	Objective
1.	C	Understand pregnancy and childbirth.
2.	A	Understand food and nutrition.
3.	A	Understand health problems involving nutrition.
4.	B	Understand the principles of wellness.
5.	A	Understand stress.
6.	D	Understand the use, abuse, and misuse of alcohol.
7.	C	Identify types of substances and their effects.
8.	B	Understand social behavior among adolescents.
9.	D	Apply consumer skills in health-related areas.
10.	C	Identify environmental health hazards.
11.	D	Understand procedures for emergencies involving bleeding, shock, and physical injuries.