Physics of Everyday Phenomena 10th edition Griffith Test Bank

SKU: 9781260718935-TEST-BANK

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ANSWERS ARE LOCATED IN THE SECOND PART OF THIS DOCUMENT

TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.

1) Personal appearance is a part of the physical domain of health.

1) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Physical Health

2) The concept of health comprises only physical health.

2) _____

◎ true
◎ false

Question Details
Section : Health: Definitions
Accessibility : Keyboard Navigation

3) Health status is influenced by a large number of variables.

3) _____

◎ true
◎ false

Question Details
Section : Health: Definitions
Accessibility : Keyboard Navigation

4) Perceived quality of life is reflected in the social domain of health.

4) _____

◎ true
◎ false

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Question Details
Accessibility : Keyboard Navigation
Section : Health: Definitions/Social Health

5) Socially unhealthy people may focus attention on themselves and negatively affect the people around them.

5) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Social Health

6) The spiritual dimension of health mainly focuses on the religious beliefs and values.

6) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Spiritual Health

7) As a result of compromised spiritual health, a student might feel isolated.

7) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Spiritual Health

8) Optimal functioning means balancing the dimensions of health.

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8) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Lokahi: A Model of "Balance, Unity, and Harmony"

9) People with physical disabilities rarely reach optimal functioning in the other domains of health.

9) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Lokahi: A Model of "Balance, Unity, and Harmony"

10) Since the turn of the century, length and quality of life has improved.

10) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

11) Nearly 50 percent of premature deaths in the United States are caused by environmental factors.

11) _____

- ◎ true
- ◎ false

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Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

12) Vaccines led to the eradication of smallpox.

12) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Table 1-1

13) The CDC considers motor-vehicle safety improvements to be one of ten great public health achievements of the twentieth century.

13) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Table 1-1

14) Maternal and infant deaths have increased significantly since the 1900s.

14) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Table 1-1

15) Tooth decay can be prevented by the fluoridation of water.

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15) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Table 1-1

16) Risky health behaviors are responsible for approximately 20 percent of premature morbidity and mortality.

16) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

17) Chronic conditions were the leading cause of death in the United States throughout the 1900s.

17) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

18) Individuals have a large amount of control over behavioral risk factors that may lead to premature death.

18) _____

◎ true
◎ false

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Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

19) The six CDC priority areas for health education in schools should be targeted through risk-reducing educational strategies.

19) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

20) Together, behavioral choices and genetics are responsible for the majority of premature deaths.

20) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

21) The *Healthy People* overarching goals focus primarily on medical care and health promotion.

21) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Healthy Youth, Healthy Americans

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22) Researchers have projected that between 2010 and 2050 the life expectancy of Americans will level off or get shorter.

22) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Healthy Youth, Healthy Americans

23) Organizations that advocate on behalf of school health encourage districts to designate senior-level staff to oversee school health related activities.

23) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Health in the Academic Environment

24) ASCD has called on educators and communities to ensure that each student enters school healthy and learns about and practices a healthy lifestyle.

24) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Health in the Academic Environment

25) Health promotion activities are gaining credibility as effective ways to promote student academic success.

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25) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Health in the Academic Environment

26) Referral, support, and compliance with medical professionals is the best approach for school personnel with regard to medical care.

26) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : A Foundation for Understanding

27) Requiring students to wash their hands before eating is an example of medical care.

27) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : A Foundation for Understanding

28) Schools are more active in disease prevention than in the delivery of medical care.

28) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : A Foundation for Understanding

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29) The Coordinated School Health program has been replaced with Whole School, Whole Community, Whole Child model.

29) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : A Program Model for Best Practice

30) A quality health education program should contain a sequential curriculum from pre-kindergarten through twelfth grade.

30) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Health Education

31) Health education should include behavioral objectives in all three learning domains.

31) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Health Education

32) All states have adopted the national health education standards to guide curriculum development and instruction.

32) _____

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◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Health Education

33) The HECAT can be used by school districts to develop health education courses of study.

33) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Health Education

34) It is common for the school nurse to provide instructional support to an elementary teacher.

34) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Health Education

35) Every state has a legislative mandate for the immunization of children.

35) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Health Services

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36) School districts should have written policies for dealing with sick and injured students.

36) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Health Services

37) The recommended nurse: student ratio is 1:750 regardless of the number of students in the building with health conditions.

37) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Health Services

38) Policies and protocols associated with the administration of medicine should be handled by the school principal.

38) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Health Services

39) Federal law requires classroom teachers to repair school equipment that is potentially dangerous to students.

39) _____

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◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Healthy School Environment

40) School districts are responsible for children's safety when they are being transported by school buses.

40) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Healthy School Environment

41) Dietary behaviors of students are important in both physical development and academic performance.

41) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Nutrition Services

42) Schools are mandated by law to participate in the federal school lunch program.

42) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Nutrition Services

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43) Over 30 percent of school-age youth have a diagnosable mental health disorder.

43) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Counseling, Psychological, and Social Services

44) Inadequate basic resources and psychological problems have been identified as two of the key barriers to learning.

44) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Counseling, Psychological, and Social Services

45) Onset of puberty and entering a new school can be significant barriers to learning.

45) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Counseling, Psychological, and Social Services

46) The main job of school counselors is to evaluate the psychological functioning and needs of students and coordinate referrals with community resources.

46) _____

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◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Counseling, Psychological, and Social Services

47) Recess should be eliminated after the second grade in order to increase the amount of time spent on academic studies.

47) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Physical Education and Physical Activity

48) Research has yet to establish a clear link between physical activity and academic outcomes for students.

48) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Physical Education and Physical Activity

49) It is reasonable for a teacher to substitute physical education class for recess every now and then when time constraints are tight.

49) _____

◎ true
◎ false

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Question Details
Accessibility : Keyboard Navigation
Section : Physical Education and Physical Activity

50) School-based health promotion programs for faculty and staff have been shown to decrease absenteeism.

50) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Employee Wellness

51) School-based health promotion programs for faculty and staff have shown limited impact on employee morale.

51) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Employee Wellness

52) School districts should establish health advisory councils.

52) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Family Engagement and Community Involvement

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53) Schools should identify ways to work with nonprofit health agencies within the community.

53) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Family Engagement and Community Involvement

54) The ASCD *Whole Child* position statement recommends school communities work together to ensure each student enters school healthy and learns how to live a healthy lifestyle.

54) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Health in the Academic Environment

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

55) The World Health Organization definition of *health* includes which three domains?

55) _____

A) physical, vocational, and emotional
B) physical, social, and emotional
C) physical, mental, and social
D) physical, vocational, and spiritual

Question Details
Section : Health: Definitions
Accessibility : Keyboard Navigation

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56) Which domain of health includes appearance and energy level?

56) _____

A) physical
B) social
C) emotional
D) vocational

Question Details
Accessibility : Keyboard Navigation
Section : Physical Health

57) Which domain of health includes coping skills and self-control?

57) _____

A) physical
B) social
C) emotional
D) vocational

Question Details
Accessibility : Keyboard Navigation
Section : Emotional Health

58) The most visible and most often considered health domain is the

58) _____

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A) physical domain.
B) social domain.
C) emotional domain.
D) vocational domain.

Question Details
Accessibility : Keyboard Navigation
Section : Physical Health

59) Which domain of health includes the ability to share responsibility and collaborate?

59) _____

A) physical
B) spiritual
C) emotional
D) vocational

Question Details
Accessibility : Keyboard Navigation
Section : Vocational Health

60) Which domain of health includes self-acceptance and a personal value system?

60) _____

A) physical
B) spiritual
C) emotional
D) vocational

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Question Details
Accessibility : Keyboard Navigation
Section : Spiritual Health

61) Which of the following statements best describes the interaction among the domains of health?

61) _____

A) The domains act independently of one another.
B) Physically healthy people are usually healthy in other domains.
C) It is hard for a person with a disabling condition to be completely healthy in the other domains.
D) Each domain contributes to overall personal health.

Question Details
Accessibility : Keyboard Navigation
Section : Lokahi: A Model of "Balance, Unity, and Harmony"

62) What important aspect of health does the Lōkahi Wheel depict?

62) _____

A) a nutritional diet
B) the maintenance of "balance"
C) prevention education
D) a drug-free lifestyle

Question Details
Accessibility : Keyboard Navigation
Section : Lokahi: A Model of "Balance, Unity, and Harmony"

63) In the early 1900s, the greatest number of Americans died from which of the following?

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63) _____

A) pathogenic parasites
B) chronic ailments
C) infectious diseases
D) fungal diseases

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

64) Today, the greatest number of Americans dies from which of the following?

64) _____

A) pathogenic parasites
B) chronic ailments
C) viral and bacterial infections
D) fungal diseases

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

65) Since 1900, the average life span of Americans has increased by more than

65) _____

A) 10 years.
B) 20 years.
C) 30 years.
D) 40 years.

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Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

66) According to *Healthy People*, approximately 50 percent of premature morbidity and mortality is related to

66) _____

A) cancer and heart disease.
B) risky health behaviors.
C) motor vehicle accidents.
D) infectious diseases.

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

67) According to *Healthy People*, what are the major variables contributing to premature death in the United States?

67) _____

A) heart disease, cancer, stroke, infectious diseases
B) environmental hazards, toxins, access to medical care, infectious disease
C) risk behaviors, environment, heredity, toxins
D) heredity, environment, access to medical care, risk behaviors

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

68) Which fraction reflects how many American adults have at least one chronic disease?

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68) _____

A) 1/4
B) 1/3
C) 1/2
D) 2/3

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

69) Which of the following is NOT one of the ten great public health achievements of the twentieth century highlighted by the Centers for Disease Control and Prevention?

69) _____

A) refrigeration
B) family planning
C) safer workplace
D) vaccinations

Question Details
Accessibility : Keyboard Navigation
Section : Table 1-1

70) Evidence suggests there are four modifiable health risk behaviors that account for the majority of early deaths related to chronic disease. Those behaviors are:

70) _____

A) heart disease, diet, stroke, alcohol consumption
B) physical activity, diet, tobacco use, alcohol consumption
C) tobacco use, diet, physical activity, sexual behavior
D) sexual behavior, environmental hazards, lack of medical care, alcohol consumption

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Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

71) Which of the following lists best represents the priorities identified by the CDC for health education programs?

71) _____

A) tobacco use, nutrition, injury-causing behaviors, seat belt use, diet, exercise
B) tobacco use, nutrition, alcohol/drug use, injury-causing behaviors, exercise, sexual behaviors
C) bicycle helmet use, gun safety, tobacco use, suicide, homicide, diet
D) gun safety, diet, exercise, alcohol/drug use, seat belt use, suicide

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

72) Social circumstances influencing the health of Americans include:

72) _____

A) predispositions for certain conditions such as cancers and diabetes
B) education, income, and race/ethnicity
C) tobacco use with peers
D) access to and the quality of medical care

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

73) Changes an individual makes to their diet would be considered what type of variable?

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73) _____

A) biology and genetics
B) social factor
C) health services
D) individual behavior

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

74) How often are new editions of *Healthy People* published?

74) _____

A) every four years
B) every six years
C) every eight years
D) every ten years

Question Details
Accessibility : Keyboard Navigation
Section : Healthy Youth, Healthy Americans

75) What is the leading underlying risk behavior of actual causes of death in the United States?

75) _____

A) Alcohol
B) Drug use
C) Firearms
D) Tobacco

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Question Details
Accessibility : Keyboard Navigation
Section : Healthy Youth, Healthy Americans

76) Current science confirms

76) _____

A) student health behaviors and academic outcomes are inextricably intertwined.
B) teachers have a significant impact on tobacco use behaviors.
C) most schools have made health instruction a priority curricular area.
D) the more physical activity children get, the higher their standardized test scores are.

Question Details
Accessibility : Keyboard Navigation
Section : Health in the Academic Environment

77) Which of the following is NOT cited by the Commission on the Whole Child as being important to a "successful learner"?

77) _____

A) a supportive family
B) community advocates
C) religious and/or spiritual guidance
D) government support

Question Details
Accessibility : Keyboard Navigation
Section : Health in the Academic Environment

78) Which of the following consequences is an academic outcome that is affected by poor student health?

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78) _____

A) self-destructive impulses
B) standardized test scores
C) hostility and anger
D) cutting classes

Question Details
Accessibility : Keyboard Navigation
Section : Health in the Academic Environment

79) Research confirms that participation in health risk behaviors compromises

79) _____

A) school attendance and standardized test scores.
B) graduation rates and popularity.
C) standardized test scores and service learning contributions.
D) school attendance and service learning contributions.

Question Details
Accessibility : Keyboard Navigation
Section : Health in the Academic Environment

80) Educational institutions are in a unique position to improve health outcomes for youth because

80) _____

A) parents wholeheartedly support health instruction.
B) the school day provides ideal opportunity for health instruction.
C) they can reach nearly all young people.
D) schools have access to high quality educational resources.

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Question Details
Accessibility : Keyboard Navigation
Section : Health in the Academic Environment

81) The traditional approach to handling health issues in schools has been

81) _____

A) responding to crises as they occur.
B) coordinating school health education programs.
C) advocating for effective school nursing guidelines.
D) developing institutional policy about health risk behaviors.

Question Details
Accessibility : Keyboard Navigation
Section : A Foundation for Understanding

82) The key components for organizing effective school health programs are

82) _____

A) health prevention, disease promotion, medical intervention.
B) medical care, disease prevention, crisis intervention.
C) health promotion, disease prevention, medical care.
D) medical care, crisis intervention, health promotion.

Question Details
Accessibility : Keyboard Navigation
Section : A Foundation for Understanding

83) Reducing risks and alleviating disease to promote, preserve, and restore health and minimize suffering and distress is the definition of which term?

83) _____

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A) disease prevention
B) crisis intervention
C) health promotion
D) medical care

Question Details
Accessibility : Keyboard Navigation
Section : A Foundation for Understanding

84) A "planned combination of educational, political, environmental, regulatory, or organizational mechanisms that support actions and conditions of living conducive to the health of individuals, groups, and communities" is the definition of which term?

84) _____

A) disease prevention
B) crisis intervention
C) health promotion
D) medical care

Question Details
Accessibility : Keyboard Navigation
Section : A Foundation for Understanding

85) Which of the following items best identifies the comparison in the poem "A Fence or an Ambulance"?

85) _____

A) crisis intervention vs. medical care
B) medical care vs. disease prevention
C) disease prevention vs. health promotion
D) health promotion vs. crisis intervention

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Question Details
Accessibility : Keyboard Navigation
Section : Consider This 1.2

86) How many components are included in Whole School, Whole Community, Whole Child?

86) _____

A) 6
B) 8
C) 10
D) 12

Question Details
Accessibility : Keyboard Navigation
Section : A Program Model for Best Practice

87) Whole School, Whole Community, Whole Child is designed to do all of the following, EXCEPT

87) _____

A) enhance communication and collaboration among health promotion professionals.
B) maximize available expertise.
C) design classroom activities.
D) conserve taxpayers' dollars.

Question Details
Accessibility : Keyboard Navigation
Section : A Program Model for Best Practice

88) What is the most familiar element of Whole School, Whole Community, Whole Child?

88) _____

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A) health education
B) physical education
C) nutritional services
D) nursing services

Question Details
Accessibility : Keyboard Navigation
Section : Health Education

89) In which three domains of learning is health instruction grounded?

89) _____

A) affective, psychomotor, physical
B) cognitive, affective, psychomotor
C) physical, mental, affective
D) physical, cognitive, social

Question Details
Accessibility : Keyboard Navigation
Section : Health Education

90) The Joint Committee on National Health Education Standards recommends that K-2 students receive a minimum of _____ hours of formal health instruction each school year.

90) _____

A) 20
B) 30
C) 40
D) 50

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Question Details
Accessibility : Keyboard Navigation
Section : Health Education

91) The Joint Committee on National Health Education Standards recommends that students in grades 3-12 receive a minimum of _____ hours of formal health instruction each school year.

91) _____

A) 20
B) 40
C) 60
D) 80

Question Details
Accessibility : Keyboard Navigation
Section : Health Education

92) Which of the following has the CDC developed to help schools choose appropriate health education instructional materials?

92) _____

A) Health Education Curriculum Analysis Tool
B) Healthy Curriculum for Healthy Students
C) Curriculum Toolbox: A Healthy Learner
D) Guide to School Curriculum

Question Details
Accessibility : Keyboard Navigation
Section : Health Education

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93) "A range of policies and programs designed to assess the health status of children" describes

93) _____

A) health education.
B) physical education.
C) health administration.
D) school health services.

Question Details
Accessibility : Keyboard Navigation
Section : Health Services

94) What is the ideal maximum ratio of nurse to students in the general school population?

94) _____

A) 1:250
B) 1:550
C) 1:750
D) 1:1,000

Question Details
Accessibility : Keyboard Navigation
Section : Health Services

95) Who has the primary responsibility for maintaining a healthy and safe environment at the building level?

95) _____

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A) superintendent
B) principal
C) teachers
D) playground attendants

Question Details
Accessibility : Keyboard Navigation
Section : Healthy School Environment

96) A critical but often overlooked element of a healthy school environment is

96) _____

A) classroom lighting and glare.
B) building age and condition.
C) social and psychological climate.
D) adequate ventilation.

Question Details
Accessibility : Keyboard Navigation
Section : Healthy School Environment

97) The most significant way to ensure that schools are physically and emotionally safe is to

97) _____

A) establish, implement, and enforce relevant policies.
B) have staff visible throughout the building before/after school and during passing times.
C) practice safety drills throughout the school year.
D) practice zero tolerance.

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Question Details
Accessibility : Keyboard Navigation
Section : Healthy School Environment

98) The management of the National School Lunch Act is under the control of which agency?

98) _____

A) U.S. Environmental Protection Agency
B) U.S. Food and Drug Administration
C) U.S. Department of Agriculture
D) U.S. Department of Health and Human Services

Question Details
Accessibility : Keyboard Navigation
Section : Nutrition Environment and Services

99) Participation in school-based meal programs has demonstrated which of the following academic benefits?

99) _____

A) better school attendance, greater class participation, improved achievement
B) improved attention span, decreased tardiness, improved achievement
C) improved attention span, greater class participation, improved reading scores
D) improved reading scores, greater class participation, improved math scores

Question Details
Accessibility : Keyboard Navigation
Section : Nutrition Environment and Services

100) Research estimates that how many children have a diagnosable mental disorder?

100) _____

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A) 1 in 5
B) 1 in 10
C) 1 in 15
D) 1 in 25

Question Details
Accessibility : Keyboard Navigation
Section : Counseling, Psychological, and Social Services

101) The professionals who most often provide mental health services for students in the school setting are

101) _____

A) psychiatrists, psychologists, and counselors.
B) psychologists, counselors, and social workers.
C) counselors, social workers, and psychiatrists.
D) social workers, psychiatrists, and psychologists.

Question Details
Accessibility : Keyboard Navigation
Section : Counseling, Psychological, and Social Services

102) The health benefits of physical activity include:

102) _____

A) reduced feelings of depression and reduced risk of premature death
B) reduced risk for premature death and increased risk of osteoporosis
C) reduced risk of high blood pressure and decreased feelings of paranoia
D) decreased feelings of paranoia and increased risk of osteoporosis

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Question Details
Accessibility : Keyboard Navigation
Section : Physical Education

103) Academic benefits of school-based physical activity include:

103) _____

A) decreased feelings of paranoia and increased concentration
B) increased concentration and improved math and reading scores
C) improved math and reading scores and heightened sense stress levels
D) increased concentration and heightened sense of stress levels

Question Details
Accessibility : Keyboard Navigation
Section : Physical Education

104) Which activity should be emphasized in the development of school physical education programs?

104) _____

A) interscholastic sports
B) team sports
C) individual sports
D) physical fitness

Question Details
Accessibility : Keyboard Navigation
Section : Physical Education

105) Which of the following is the major reason that some boards of education have implemented school-based health promotion programs for faculty and staff?

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105) _____

A) to decrease medical care costs
B) to improve communication between faculty and students
C) to respond to faculty requests for fitness activities
D) to increase use of school facilities

Question Details
Accessibility : Keyboard Navigation
Section : Employee Wellness

106) Benefits of school-based health promotion programs for faculty and staff include:

106) _____

A) improved morale, increased productivity, decreased absenteeism
B) decreased absenteeism, improved morale, improved fitness levels
C) improved nutritional habits, increased productivity, increased employee retention
D) increased employee retention, improved morale, improved nutritional habits

Question Details
Accessibility : Keyboard Navigation
Section : Employee Wellness

107) Which Whole School, Whole Community, Whole Child component is needed because student risk behaviors are influenced by a complex set of variables?

107) _____

A) health education
B) faculty and staff health promotion
C) family and community involvement
D) school health services

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Question Details
Accessibility : Keyboard Navigation
Section : Family Engagement and Community Involvement

108) The Association for Supervision and Curriculum Development (ASCD) concluded that health should be

108) _____

A) the cornerstone of our educational system.
B) fully embedded into the educational environment for all students.
C) a close second in importance to mathematics and reading.
D) vital to school administrators because of its relationship to funding.

Question Details
Accessibility : Keyboard Navigation
Section : Pulling It All Together

109) With regard to the determinants of health, which of the following would be included in the *environmental conditions* variable?

109) _____

A) pollutants
B) legislation
C) family history
D) individual responses to external conditions

Question Details
Accessibility : Keyboard Navigation
Section : Determinants of Health

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SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

110) Describe the physical domain of health. (This could work for any domain)

Question Details
Accessibility : Keyboard Navigation

111) Explain the components of spiritual health.

Question Details
Accessibility : Keyboard Navigation

112) Discuss the changes in the leading causes of death from the 1900s to today.

Question Details
Accessibility : Keyboard Navigation

113) Identify four discoveries, improvements, or advances since 1900 that have contributed to changes in the leading causes of death.

Question Details
Accessibility : Keyboard Navigation

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114) Identify the six behaviors that have been recognized by the CDC as critical for the prevention of premature morbidity and mortality.

Question Details
Accessibility : Keyboard Navigation

115) Compare and contrast the concepts of medical care, disease prevention, and health promotion.

Question Details
Accessibility : Keyboard Navigation

116) Explain the differences among the cognitive, affective, and psychomotor domains of learning.

Question Details
Accessibility : Keyboard Navigation

117) Summarize the research findings regarding the relationship between school lunch programs and academic outcomes of students.

Question Details
Accessibility : Keyboard Navigation

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118) Describe how school psychologists and social workers can contribute to the goals of Whole School, Whole Community, Whole Child.

Question Details
Accessibility : Keyboard Navigation

119) Identify the ten components of Whole School, Whole Community, Whole Child.

Question Details
Accessibility : Keyboard Navigation

120) List the five major influential variables that contribute to premature morbidity and mortality.

Question Details
Accessibility : Keyboard Navigation

ESSAY. Write your answer in the space provided or on a separate sheet of paper.
121) The Lōkahi Wheel examines six different domains of health that contribute to life "balance." Describe four of the six domains.

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Question Details
Accessibility : Keyboard Navigation

122) Differentiate among the six domains of health.

Question Details
Accessibility : Keyboard Navigation

123) Explain the role schools can play in improving the health of youth.

Question Details
Accessibility : Keyboard Navigation

124) Discuss three purposes of Whole School, Whole Community, Whole Child model.

Question Details
Accessibility : Keyboard Navigation

125) Paraphrase the professional preparation competencies for elementary classroom teachers with the primary role of teaching health.

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Question Details
Accessibility : Keyboard Navigation

126) Discuss the functions of each of the ten components of Whole School, Whole Community, Whole Child model.

Question Details
Accessibility : Keyboard Navigation

127) Discuss the importance of the National Health Education Standards for school health curriculum.

Question Details
Accessibility : Keyboard Navigation

128) Summarize the responsibilities of the school nurse in relation to medical care, disease prevention, and health promotion.

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Question Details
Accessibility : Keyboard Navigation

129) Describe the components of a healthy school environment in terms of the physical, emotional, and social domains of student health.

Question Details
Accessibility : Keyboard Navigation

130) Explain the importance of a daily physical education program for elementary school children.

Question Details
Accessibility : Keyboard Navigation

131) If the budget could accommodate only one initiative, would you recommend school-site health promotion for faculty and staff, or family and community collaboration with the schools? Give a rationale for your choice.

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Question Details
Accessibility : Keyboard Navigation

132) Identify a specific health risk behavior. Explain how the ten components can work together to address the specific health risk behavior in a school community.

Question Details
Accessibility : Keyboard Navigation

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Answer Key

Test name: CH01

1) TRUE
2) FALSE
3) TRUE
4) FALSE
5) TRUE
6) FALSE
7) TRUE
8) TRUE
9) FALSE
10) TRUE
11) FALSE
12) TRUE
13) TRUE
14) FALSE
15) TRUE
16) FALSE
17) FALSE
18) TRUE
19) TRUE
20) TRUE
21) FALSE
22) TRUE
23) TRUE
24) TRUE
25) TRUE

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26) TRUE
27) FALSE
28) TRUE
29) TRUE
30) TRUE
31) TRUE
32) FALSE
33) TRUE
34) TRUE
35) TRUE
36) TRUE
37) FALSE
38) FALSE
39) FALSE
40) TRUE
41) TRUE
42) FALSE
43) FALSE
44) TRUE
45) TRUE
46) FALSE
47) FALSE
48) FALSE
49) FALSE
50) TRUE
51) FALSE
52) TRUE
53) TRUE
54) TRUE
55) C

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56) A
57) C
58) A
59) D
60) B
61) D
62) B
63) C
64) B
65) C
66) B
67) D
68) C
69) A
70) B
71) B
72) B
73) D
74) D
75) D
76) A
77) C
78) B
79) A
80) C
81) A
82) C
83) A
84) C
85) B

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86) C
87) C
88) A
89) B
90) C
91) D
92) A
93) D
94) C
95) B
96) C
97) A
98) C
99) A
100) A
101) B
102) A
103) B
104) D
105) A
106) A
107) C
108) B
109) A
110) Answers will vary.

111) Answers will vary.

112) Answers will vary.

113) Answers will vary.

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114) Answers will vary.

115) Answers will vary.

116) Answers will vary.

117) Answers will vary.

118) Answers will vary.

119) Answers will vary.

120) Answers will vary.

121) Answers will vary.

122) Answers will vary.

123) Answers will vary.

124) Answers will vary.

125) Answers will vary.

126) Answers will vary.

127) Answers will vary.

128) Answers will vary.

129) Answers will vary.

130) Answers will vary.

131) Answers will vary.

132) Answers will vary.

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