High School Health Test Out Exam

In order to test out of Health, students must pass a written assessment with a score of 80% or higher.

The Health test out exam consists of 100 multiple choice questions based on the Michigan Merit Curriculum Health Education Guidelines.

Content expectations include:
~Six dimensions of Health and Wellness
mental health, physical health, emotional health,
environmental health, social health, and spiritual health
~Building healthy skills and healthy character
~Physical activity
~Nutrition
~Mental health
~Alcohol, Tobacco and Drugs

Students should bring a pen or pencil. Use of electronic devices during the written portion of the test out is not permitted.