

Sophomore Health Baseline Data Assessment (Version 1)

NAME: _____

DATE: _____

TEACHER: _____

PERIOD: _____

Multiple Choice (4 points each)

Circle the answer that best completes the statement.

1. Alcohol is considered what type of drug?
 - a. stimulant
 - b. depressant
 - c. hallucinogen
 - d. inhalant
2. Tobacco is considered what type of drug?
 - a. stimulant
 - b. depressant
 - c. hallucinogen
 - d. inhalant
3. A psychoactive drug that slows down the body's nervous system and heart rate is called a(n)
 - a. amphetamine.
 - b. depressant.
 - c. stimulant.
 - d. hallucinogen.
4. Advertisements can influence underage drinking by
 - a. showing drinkers as good looking people who are in beautiful scenarios while having fun.
 - b. showing underage people drinking.
 - c. listing the negative side effects of drinking.
 - d. explaining alcoholic products in detail.
5. People who can no longer control their use of alcohol suffer from the disease known as
 - a. fetal alcohol syndrome.
 - b. alcoholism.
 - c. withdrawal.
 - d. detoxification.
6. Tobacco smoke contains many carcinogens, chemicals that cause
 - a. cancer.
 - b. bad breath.
 - c. high blood pressure.
 - d. addiction.

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7. The only way to eliminate your risk of contracting a sexually transmitted infection is to
 - a. examine your testes at least once per month.
 - b. thoroughly clean the external reproductive organs before and after sexual activity.
 - c. abstain, or refrain from all sexual activity.
 - d. receive regular medical check-ups.

8. An average person should consume about how many calories in one day?
 - a. 1000 calories
 - b. 2000 calories
 - c. 3000 calories
 - d. 4000 calories

9. Which of the following lists the emergency action steps (3 C's) in the correct order?
 - a. call 9-1-1, check the scene, care for the victim
 - b. check the scene, call 9-1-1, care for the victim
 - c. care for the victim, call 9-1-1, check the scene

10. People often give reasons or excuses explaining why they did not help at the scene of an accident. These reasons are known as
 - a. emergencies.
 - b. sudden illnesses.
 - c. barriers to action.
 - d. standard precautions.

11. A person who responds to an emergency situation should never move the victim unless
 - a. the sun is in your eyes.
 - b. the ground is uncomfortable.
 - c. there is a risk of fire or explosion.
 - d. you should never move a victim who has been injured.

12. A technique used to make the victim's blood pump/flow throughout their body when the heart has stopped beating is known as
 - a. first aid.
 - b. chest compressions.
 - c. rescue breathing.
 - d. walking assist.

13. What is the purpose of eating foods high in FIBER?
 - a. fiber gives us strong bones and prevents osteoporosis
 - b. fiber cleans out our intestines to help prevent colon cancer
 - c. fiber gives us plenty of energy

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14. What is the purpose of eating foods high in CALCIUM?
- calcium gives us strong bones and prevents osteoporosis
 - calcium cleans out our intestines and prevents colon cancer
 - calcium gives us plenty of energy
15. Which of the following best describes a person's cardiovascular endurance?
- the ability for the heart and lungs to provide the entire body with oxygen
 - the ability of each joint to move through a full range of motion
 - the ability for a muscle(s) to perform continuous work without fatiguing
16. Which of the following best describes a person's muscular endurance?
- the ability for the heart and lungs to provide the entire body with oxygen
 - the amount of force a muscle can produce
 - the amount of weight that is fat compared to the weight of the rest of the body
 - the ability for a muscle(s) to perform continuous work without fatiguing
17. A unit of measurement that correlates to the amount of energy released from food is known as a
- metabolism.
 - food.
 - calorie.
 - weight gain.
18. The chemical process by which the human body breaks down food and converts it into energy is known as our
- calorie.
 - immune system.
 - genetics.
 - metabolism.
19. A person in their teenage years or early adulthood should have a resting heart rate of about
- 30 - 35 beats per minute.
 - 60 - 65 beats per minute.
 - 100 - 105 beats per minute.
 - 120 - 125 beats per minute.
20. A person is at risk of HIV exposure if they
- hug someone who is infected with the virus.
 - shake hands with someone who is infected with the virus.
 - come into contact with bodily fluids from a someone who is infected with the virus.
 - share a classroom with someone who is infected with the virus.

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Short Answer / Essay Questions (10 points each)

Write a clear and concise response for each question on the space provided.

21. Predict what might happen if a woman uses drugs such as alcohol or tobacco while pregnant.

22. Arrange the 3 stages of HIV/AIDS in the correct order and compare the different symptoms that are associated with each stage.

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Short Answer / Essay

Multiple Choice

1. B
2. A
3. B
4. A
5. B
6. A
7. C
8. B
9. B
10. C
11. C
12. B
13. B
14. A
15. A
16. D
17. C
18. D
19. B
20. C

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Short Answer / Essay

21. If a woman uses alcohol during pregnancy, a number of things may occur. Fetal alcohol syndrome is a group of birth defects caused by the effects of alcohol on an unborn child. Babies born with this syndrome may suffer from heart defects, malformed faces, delayed growth, poor motor development, and mental retardation. Even small amounts of alcohol consumed during pregnancy can cause brain damage. When a woman uses tobacco during pregnancy it will increase the baby's heart rate, reduce the baby's oxygen supply, and slow down cell growth. Pregnant women who smoke also have higher rates of miscarriages, premature births, and stillbirths than women who do not smoke. Babies whose mothers smoked during pregnancy are also at much higher risk for sudden infant death syndrome (SIDS). Nursing mothers who smoke will produce less milk. In addition to producing less milk, the milk will contain nicotine which will cause vomiting and diarrhea in nursing babies.
22. The three stages of HIV / AIDS include the asymptomatic stage, the symptomatic stage, and then AIDS. In the asymptomatic stage, an infected person may experience flulike symptoms, which usually go away after a few weeks. Many months or even years may follow during which the person shows no outward signs of the disease. During this stage, the virus destroys helper T cells. Even though there is a lack of visible symptoms, people in this stage can infect others. During the symptomatic stage, an HIV – infected person starts to experience symptoms. These symptoms may include weight loss, a persistent fever, diarrhea, and fungal infections. Such symptoms may not appear until 7-10 years after initial infection with HIV. The third and final stage is AIDS. The onset of AIDS is usually marked by a very low number of helper T cells in the blood. At this stage, HIV-infected people are usually experiencing even more severe symptoms than in the symptomatic stage. Because the body's ability to fight disease has been weakened by HIV, they are susceptible to infections that a healthy person's immune system could easily fight off.