

# SENIOR HEALTH BASELINE DATA ASSESSMENT

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Grade 12  
Baseline Date Assessment  
Health Education

Name \_\_\_\_\_ Date \_\_\_\_\_

Multiple Choice (3 points each)

Identify the choice that best completes the statement or answers the question.

- \_\_\_\_ 1. When biological parents are unable to care for their children; what type of family steps in to care?
- a. foster family
  - b. extended family
  - c. blended family
  - d. nuclear family
- \_\_\_\_ 2. A type of process that includes sharing of information, thoughts, or feelings.
- a. aggression.
  - b. communication.
  - c. cooperation.
  - d. compromise.
- \_\_\_\_ 3. A major risk factor for violence is.
- a. poverty.
  - b. gender.
  - c. ethnicity.
  - d. race.
- \_\_\_\_ 4. Which of the following is the best setting to confront a person who has had a disagreement with?
- a. a graduation party
  - b. the homecoming dance
  - c. a bench in a public park.
  - d. an isolated spot with nobody else around
- \_\_\_\_ 5. A mother who is breastfeeding and smoking will produce.
- a. no milk.
  - b. milk with high levels of oxygen.
  - c. milk containing nicotine.
  - d. more milk than nonsmoking mothers.
- \_\_\_\_ 6. Which of the following is an example of drug misuse?
- a. Taking cough medicine with the right foods at the right time of day.
  - b. Smoking marijuana.
  - c. Not taking an over-the-counter drug for the correct period of time.
  - d. Taking a prescription painkiller to cause a "high."

## SENIOR HEALTH BASELINE DATA ASSESSMENT

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- \_\_\_\_ 7. These common side effects: Decreased alertness, slurred speech, drowsiness, and depressed respiration all describe which type of drug?
- hallucinogens
  - amphetamines.
  - depressants.
  - stimulants.
- \_\_\_\_ 8. Which gland links the nervous system and the endocrine system, controls the body's water levels, and controls many of the pituitary gland functions?
- the reproductive gland
  - the thyroid gland
  - the adrenal gland
  - the hypothalamus
- \_\_\_\_ 9. The male reproductive cells are called \_\_\_\_\_
- testosterone.
  - sperm
  - testes.
  - semen.
- \_\_\_\_ 10. The characteristics you will inherit come from tiny structures found within cells that carry information called \_\_\_\_\_
- eggs.
  - chromosomes.
  - sperm.
  - traits.
- \_\_\_\_ 11. Children begin to play alongside others and learn many words during which period of early childhood?
- birth to 18 months
  - 18 months to 3 years
  - 3 to 6 years
  - 6 to 12 years
- \_\_\_\_ 12. The ozone layer
- is a brown haze that forms when air pollutants react in the presence of sunlight.
  - forms when gases are released from natural sources such as volcanoes.
  - is composed of naturally occurring radioactive gases.
  - absorbs most of the harmful ultraviolet light radiated from the sun.
- \_\_\_\_ 13. What is alcohol?
- drug
  - medicine
  - helping agent
  - main ingredient in foods

## SENIOR HEALTH BASELINE DATA ASSESSMENT

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- \_\_\_\_ 14. The leading preventable cause of death in the United States is?
- a. tobacco
  - b. diet
  - c. alcohol
  - d. marijuana
- \_\_\_\_ 15. What is the most abused type of drugs?
- a. steroids
  - b. psychoactive
  - c. stimulants
  - d. depressants
- \_\_\_\_ 16. Which of the following is an example of one protective factor for teen drug abuse?
- a. poor family relationships
  - b. substance availability
  - c. parental monitoring
  - d. poverty
- \_\_\_\_ 17. When person becomes sexually mature and physically able to reproduce is which period of sexual development?
- a. puberty
  - b. childhood
  - c. adulthood
  - d. pre-adolescent
- \_\_\_\_ 18. A doctor who specializes in pregnancy and childbirth is called what?
- a. pediatrician
  - b. general practitioner
  - c. obstetrician
  - d. orthopedic surgeon
- \_\_\_\_ 19. When a person attacks another either physically or verbally they are referred to as an
- a. confidant.
  - b. ally.
  - c. assistant.
  - d. assailant.
- \_\_\_\_ 20. The EPA identifies the most dangerous hazardous waste sites that are in need of cleanup as
- a. biohazard sites.
  - b. superfund sites.
  - c. super hazard sites.
  - d. landfill sites.

## SENIOR HEALTH BASELINE DATA ASSESSMENT

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- \_\_\_\_ 21. Which of these examples describes drug abuse the best?
- a. Forgetting to take cough medicine with the proper foods.
  - b. Deliberately taking cough syrup for purposes other than treating a cough.
  - c. Mistakenly taking more cough syrup than is recommended to treat a cough.
  - d. Using cough syrup per label instructions to treat a cough.
- \_\_\_\_ 22. A brown haze that forms when air pollutants react in the presence of sunlight a brown haze develops. What is that haze called?
- a. ozone
  - b. sewage
  - c. smog
  - d. radon

Short Answer (10 points each)

23 & 24 Complete 2 out of the 5 short answers on the answer sheet provided. Please write in complete sentences.

- Evaluate the importance of a healthy family relationship.
- Explain some of the problems a teenage pregnancy can cause for the baby and the mother.
- Connect the effects of intoxication on the body systems to the effects of intoxication on behavior.
- Predict what might happen in your body if your hypothalamus stopped functioning properly.
- List and describe, in order from first to last, the three stages of the birth process.

Essays (10 points) In no more than 3 paragraphs answer the following question. Please answer the question in complete sentences on the answer sheet provided.

25. Your best friend Evelyn has been in an abusive relationship for one year. She has been distant and quiet. You saw bruises on her arm and back again. How can you persuade her to admit the relationship is unhealthy and that she needs to talk to an adult for help?

# SENIOR HEALTH BASELINE DATA ASSESSMENT

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Blank Sheet

Name \_\_\_\_\_

Date \_\_\_\_\_

Period \_\_\_\_\_

Teacher \_\_\_\_\_

1.	13.
2.	14.
3.	15.
4.	16.
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## Answer Key

1. A	13. A
2. B	14. A
3. A	15. B
4. C	16. C
5. C	17. A
6. C	18. C
7. C	19. D
8. D	20. B
9. B	21. B
10. B	22. C
11. B	
12. D	

## 23 & 24

Evaluate the importance of a healthy family relationship. The family is often called the "basic unit of society" because it is the structure in which children are raised, in which people first learn to relate to others, and in which values and customs are passed from generation to generation. People often use the relationships they observe and participate in at home as a model for other relationships. Therefore, a healthy family relationship is very important because it helps children learn to love, respect, and get along with others and to function as part of a group. Healthy family relationships are also important because they allow society to maintain values, customs, and traditions over time.

Explain some of the problems a teenage pregnancy can cause for the baby and the mother. A teenage pregnancy can pose serious health problems for the baby and the mother. Babies born to young mothers are often smaller and less healthy than those born to older women. Teenage mothers are more likely to have health problems during pregnancy than women in their twenties, because pregnant teenagers do not always eat well or get adequate medical care during their pregnancy, especially in the early months. The responsibilities of taking care of children often cause teenage parents to feel overwhelmed and trapped. After caring for a baby, a teenage mother may not have enough energy left for school. As a result, many teenage mothers drop out of school. Some fathers don't help support or care for the child; others drop out of school and work at low-paying jobs.

Connect the effects of intoxication on the body systems to the effects of intoxication on behavior. One of the body systems affected by intoxication is the nervous system, which includes the brain. Intoxication causes brain activity to slow down, thus impairing coordination, sensation, perception, and reflexes. By affecting brain functions, intoxication can also affect behaviors, which are controlled by the brain. For instance, intoxication causes drinkers to lose judgment and self-control while also decreasing their natural fears. When these two effects are combined,

## SENIOR HEALTH BASELINE DATA ASSESSMENT

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drinkers may behave in ways they normally would never consider. For example, a normally cautious person may act recklessly.

Predict what might happen in your body if your hypothalamus stopped functioning properly. The hypothalamus is part of both the nervous and endocrine systems, so problems in the hypothalamus could lead to problems in both body systems. A poorly functioning hypothalamus could cause problems with your sleeping and eating habits. It could also lead to unpredictable changes in the body's temperature and water levels. The hypothalamus also controls the release of hormones from the pituitary gland, so problems with the hypothalamus may affect the functions of the pituitary gland, such as the control of growth, reproduction, and metabolism.

List and describe, in order from first to last, the three stages of the birth process. The three stages of the birth process are labor. Labor can be described by passing of the mucus plug. The cervix begins to prepare for labor by widening and the mucus plug is released. Labor can begin with hours to a week. Contractions (tightening of the abdomen) become closer and stronger together. The female's water will break. Once that happens the baby must be delivered within hours or complications could occur. The cervix will efface and begin to dilate. Once the cervix is effaced 100% and dilated 10-centimeters the baby is ready to pass through the vagina. The second stage is delivery of the baby. The baby will turn and their head will crown. By bearing down the female with actively push and the baby will be born. The final stage is the delivery of the afterbirth. During this final stage of labor the placenta will pass out of the uterus through the vagina.

25. A model answer would include all aspects of the grading rubric

	Criteria				Points
	1	2	3	4	
Supporting Facts	1 or less supporting facts	2 supporting facts	3 supporting facts	More than 3 supporting facts	
Mechanics and Grammar	Many errors	Some errors	No errors	No errors	
Legibility	Not legible	Marginally legible	Legible	Legible	

Example of supporting facts would include:

Correct usage of vocabulary words from chapters on Violence, Relationships, Community Resources and Prevention

Clear representation of cause and effect. I.e.: effects abuse has on self-esteem, grades, social networking: Possible involvement with law enforcement.