

Notes:

		Selected-response questions (approx.)	Constructed-response assignments					
PERSONAL HEALTH AND WELLNESS		36	1					
Test I (Test Code 113)	0001	Understand human growth and development.						
	0002	Understand the structures and functions of the major body systems and the relationship of personal health to body systems and their functioning.						
	0003	Understand principles and techniques for promoting personal care and hygiene.						
	0004	Understand nutrients and nutritional requirements.						
	0005	Understand the effects of food choices and eating patterns on personal health and weight management.						
	0006	Understand the components of health-related fitness and procedures for developing and maintaining personal fitness.						
	DISEASE AND DRUG ABUSE PREVENTION		24	1				
	0007	Understand the nature of disease, types of diseases, and the role of disease prevention and control in the promotion of health.						
	0008	Understand types, characteristics, and effects of sexually transmitted diseases (STDs), including HIV/AIDS, and methods of STD prevention.						
	0009	Understand the role of prevention of tobacco, alcohol, and other drug use in the promotion of personal health.						
0010	Understand the role of resistance, refusal, goal setting, and decision making in preventing risks to personal health.							
SOCIAL RELATIONSHIPS AND FAMILY LIVING		30	1					
Test II (Test Code 114)	0011	Understand the importance of good mental health and psychological well-being as the basis for healthy relationships.						
	0012	Understand interpersonal and social relationships.						
	0013	Understand family roles, relationships, and responsibilities.						
	0014	Understand family planning and parenting.						
	0015	Understand family health resources and family consumerism.						
	COMMUNITY HEALTH AND SAFETY		30	1				
	0016	Understand the role of accident prevention in the promotion of personal safety and community health.						
	0017	Understand environmental health issues and safety practices.						
	0018	Understand first-aid and emergency procedures and planning.						
	0019	Understand the importance of violence prevention and conflict resolution in the promotion of community health and safety.						
0020	Understand community and public health issues and resources.							