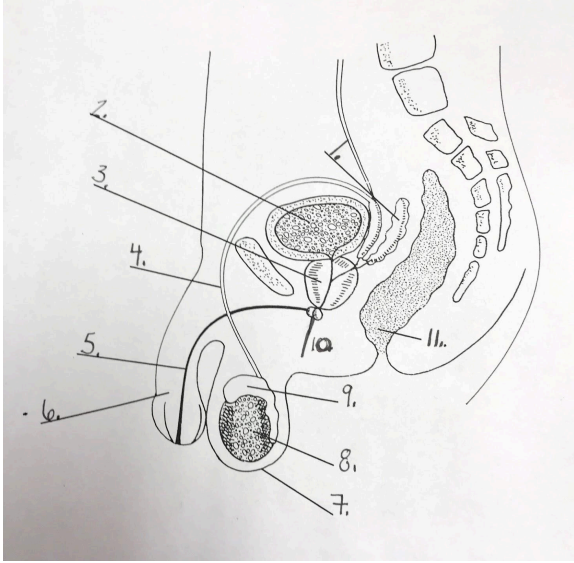


# **Health Education Test-Out Study Guide**

- Be able to list and explain drink safety tips
- Be able to identify and explain the SMART Goals.
- Be able to identify viral, bacterial and insect STIs as well as signs/symptoms of each, treatments (if available), ways to protect oneself from contracting a STI. Also, be able to explain potential long-term/short-term consequences of STI's.
- Be able to identify and explain the different types of birth control.
- Be able to explain the best way to prevent one from contracting an STI/pregnancy.
- What is a monogamous relationship?
- What health consequences can one experience from using tobacco products?
- Be able to list and define the three main ingredients in a cigarette.
- Be able to explain emphysema and chronic bronchitis.
- What is the legal age to purchase tobacco products?
- What is one major reason tobacco products are legal?
- What is leukoplakia?
- Are tobacco users more likely to get skin cancer? Explain.
- Be able to explain consequences a female who is pregnant who chooses to smoke may experience.
- What age group do most tobacco companies target?
- How much higher is developing diabetes for active smokers than nonsmokers?
- Be able to explain how an e-cigarette works and the consequences of using one.
- Be able to explain the steps to CPR and how to respond to an emergency situation.
- Be able to identify proper use of an A.E.D.
- Be able to identify steps to properly perform CPR on adults, children and toddlers.
- Be able to identify steps to properly perform the heimlich.
- What occurs during cardiac arrest?
- Be able to define nutrition key-terms.
- Be able to identify differences between Type 1/Type 2 diabetes, different types of fats, carbohydrates and sugars.
- Be able to correctly read a food label.
- Be able to label the MyPlate and identify foods in each category.
- Where do sperm fully mature?
- Characteristics of healthy and unhealthy relationships
- Examples of abuse.
- Be able to explain why many individuals stay in unhealthy relationships.
- Be able to explain ways to communicate healthily.
- How does a male know he is considered "sexually mature?"
- Changes that occur in males and females during puberty (remember, not all changes are JUST physical).
- Where are egg cells produced in females?
- How does sperm leave the male's body?
- Be able to identify and explain the male/female sex hormones.
- If an egg is fertilized, it implants in the \_\_\_\_\_. It then grows into a fully-developed offspring.
- Where is sperm produced in males?
- The \_\_\_\_\_ is a muscular organ that provides nourishment from blood vessels so that a fetus can grow and develop.
- The opening to the uterus is called the, \_\_\_\_\_.
- The \_\_\_\_\_ is a tube that carries sperm, as well as urine, to the penis.

- \_\_\_\_\_ is the stage of life between childhood and adulthood.
- The male sex hormone is called, \_\_\_\_\_.
- The testes are located outside the body in an external sac called the, \_\_\_\_\_.
- Use the male reproductive anatomy diagram below and label each of the numbers (each number is pointing to a male reproductive organ...be able to label each one).



- Use the female reproductive anatomy diagram below and label each of the numbers (each number is pointing to a male reproductive organ...be able to label each one).

