

# DSST® HERE'S TO YOUR HEALTH

## EXAM INFORMATION

This exam was developed to enable schools to award credit to students for knowledge equivalent to that learned by students taking the course. This exam covers human development and relationships; fitness and nutrition; disease and prevention; consumer awareness; psychological disorders and addictive behaviors; intentional injuries; and violence.

The exam contains 100 questions to be answered in 2 hours.

## EXAM CONTENT OUTLINE

The following is an outline of the content areas covered in the examination. The approximate percentage of the examination devoted to each content area is also noted.

### I. Health, Wellness, Mind/Body Connection – 20%

- a. Responsible health, wellness, and lifestyles
- b. Mental health defined
- c. Psychological disorders
- d. Stress management and coping mechanisms
- e. Addictive behaviors

### II. Human Development and Relationships – 20%

- a. Reproduction
- b. Sexuality
- c. Intimate relationships
- d. Healthy aging
- e. Death and bereavement

### III. Substance Use and Abuse – 10%

- a. Alcohol
- b. Tobacco
- c. Other drugs
- d. Substance-use behaviors

### IV. Fitness and Nutrition – 15%

- a. Components of physical fitness
- b. Good nutrition and its effects

### V. Risk Factors, Disease, Disease Prevention – 20%

- a. Infectious diseases, including sexually transmitted diseases, prevention and control
- b. The cardiovascular system
- c. Types of cancer
- d. Immune disorders
- e. Diabetes, arthritis, and genetic-related disorders
- f. Common neurological disorders

### VI. Safety, Consumer Awareness, and Environmental Concerns – 15%

- a. Safety
- b. Intentional injuries and violence
- c. Consumer awareness
- d. Environmental concerns

## REFERENCES

Below is a list of reference publications that were either used as a reference to create the exam, or were used as textbooks in college courses of the same or similar title at the time the test was developed. You may reference either the current edition of these titles **or** textbooks currently used at a local college or university for the same class title. It is recommended that you reference **more than one textbook** on the topics outlined in this fact sheet.

You should **begin by checking textbook content against the content outline** provided **before** selecting textbooks that cover the test content from which to study.

Sources for study material are suggested but not limited to the following:

1. *Core Concepts in Health, Brief*, Tenth Edition, 2008, Paul Insel and Walton Roth, McGraw-Hill, Two Penn Plaza, New York, NY 10121, books.mcgraw-hill.com.
2. *Focus on Health*, Eighth Edition, 2007, Dale Hahn, Wayne Payne, Ellen Lucas, McGraw-Hill, Two Penn Plaza, New York, NY 10121, books.mcgraw-hill.com.

## SAMPLE QUESTIONS

All test questions are in a multiple-choice format, with one correct answer and three incorrect options. These are samples of the types of questions that may appear on the exam. Other sample questions can be found in the form of practice exams by visiting our website at [www.getcollegedcredit.com/testprep](http://www.getcollegedcredit.com/testprep).

1. The primary stage of Dr. Hans Selye's general adaptation syndrome during which the body prepares to fight or flee is known as
  - a. resistance
  - b. alarm
  - c. exhaustion

- d. compulsion
2. The heart and the network of blood vessels leading to and from it comprise the
    - a. cardiovascular system
    - b. respiratory system
    - c. endocrine system
    - d. reproductive system
  3. Which of the following abnormalities in a developing fetus can be detected by the use of amniocentesis?
    - a. Cleft palate
    - b. Tay-Sachs disease
    - c. Phocomelia
    - d. Diabetes
  4. The primary pollutant that forms acid rain after entering the atmosphere is
    - a. fluorocarbon
    - b. ozone
    - c. sulphur dioxide
    - d. dioxin
  5. Which of the following is a barrier form of birth control?
    - a. Oral contraceptive
    - b. Intrauterine device
    - c. Diaphragm
    - d. Rhythm method
  6. A cancer of the connective tissues is known as a
    3. carcinoma
    4. leukemia
    5. sarcoma
    6. melanoma
  7. The intoxicating ingredient in beer, wine, and distilled liquor is called
    - a. methanol
    - b. isopropanol
    - c. butanol
    - d. ethanol
  8. Drugs made from opium or its synthetic equivalent are classified as
    - a. narcotic analgesics
    - b. hallucinogens
    - c. sedative-hypnotics
    - d. major tranquilizers
  9. The lowest level of Abraham Maslow's "hierarchy of needs" is
    - a. self-actualization
    - b. esteem
    - c. physiological needs
    - d. love

## CREDIT RECOMMENDATIONS

The American Council on Education's College Recommendation Service (ACE CREDIT) evaluated the DSST test development process and content of this exam. It has made the following recommendations:

<b>Area or Course Equivalent</b>	Here's to Your Health
<b>Level</b>	Lower-level baccalaureate
<b>Amount of Credit</b>	Three (3) semester hours
<b>Minimum Score</b>	400
<b>Source</b>	American Council on Education – College Credit Recommendation Service

**Answers to sample questions:** 1-B; 2-A; 3-B; 4-C; 5-C; 6-C; 7-D; 8-A; 9-C.