

Test Design Blueprint

Date 10/28/2014

Parenting I
Course Title

0800370
Course Number

10-12
Grade

Big Idea/Domain/Strand/Standard	Standard Code	Percent of Test Based on Time Devoted to Standard	Number of Test Questions
Verify the validity of health information, products, and services. Remarks/Examples: Understanding product-packaging, claims, supplements, energy drinks, exercise video, health professionals, health-related community of service provider, type of service.	HE.912.B.3.1:	3%	2
Compile data reflecting the accessibility of resources from home, school, and community that provided valid health information Remarks/Examples: Internet, family member, nurse, guidance group, community agency, domestic/dating training location, expense, services available health care, and mental-health resources	HE.912.B.3.2:	3%	2
Justify the validity of a variety of technologies to gather health information Remarks/Examples: Internet, telephone, 911 access, and medical mammograms, thermal imaging, and MRIs	HE.912.B.3.3	1.75%	1
Justify when professional health services or providers may be required Remarks/Examples: Injury, depression, suicide, drug abuse, and/or dating violence, and	HE.912.B.3.4:	1.75%	1
Explain skills needed to communicate effectively with family, peers, and other to enhance health	HE.912.B.4.1:	1.75%	1

<p>Remarks/Examples: Using “I” messages, voice pitch/volume, eye contact, persuasive speech, and assertive communication</p>			
<p>Assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.</p> <p>Remarks/Examples: Validate other’s opinions, use direct statement alternatives</p>	HE.912.B.4.2	1.75%	1
<p>Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.</p> <p>Remarks/Examples: Effective verbal and nonverbal communications.</p>	HE.912.B.4.3:	1.75	1
<p>Analyze the validity of ways to ask for and offer assistance to enhance the health of self and others</p> <p>Remarks/Examples: Verbal and written communication</p>	HE.912.B.4.4:	1.75%	1
<p>Determine the value of applying a thoughtful decision-making process in health-related situations.</p> <p>Remarks/Examples: Defining healthy boundaries and relationships, organ-donor decisions, child care, protection, promotion, and first-aid-treatment options</p>	HE.912.B.5.1:	6%	4
<p>Generate alternatives to health-related issues or problems.</p> <p>Remarks/Examples: Health benefits of menu options, man-made conditions and current treatment</p>	HE.912 B.5.2:	1.75%	1
<p>Appraise the potential short-term and long-term outcomes of each alternative on self and others.</p> <p>Remarks/Examples: Nutrition plan based on personal needs and condition on individual and family, weapons and coping skills</p>	HE.912.B.5.3:	5%	3

<p>Examine barriers that can hinder healthy decision making</p> <p>Remarks/Examples: Interpersonal, financial, environmental facts.</p>	HE.912.B.5.5:	3%	2
<p>Analyze the role of individual responsibility in enhancing health.</p> <p>Remarks/Examples: Food choices, media messages, future for health protection, and stress management.</p>	HE.912.P.7.1:	5%	3
<p>Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks.</p> <p>Remarks/Examples: Lifestyle choices: drug use/abuse, healthy, infectious agents, riding with impaired driver, sexual behavior, engaging in</p>	HE.912.P.7.2:	8.5%	5
<p>Demonstrate how to influence and support other in making positive health choices.</p> <p>Remarks/Examples: Avoidance of underage drinking, prevention, promotion of healthy dating/disease prevention, and promotion of first-aided.</p>	HE.912.P.8.1:	1.75%	1
<p>Predict how healthy behaviors can affect health status.</p> <p>Remarks/Examples: Making positive choices/avoiding risky behavior, healthy relationship skills, regular medical check-ups, activity and workplace safety.</p>	HE.912.C.1.1:	3%	2
<p>Interpret the significance of interrelationships in mental/emotional, physical and social health.</p> <p>Remarks/Examples: Substance abuse, eating disorders, self-esteem, stress/anger management.</p>	HE 912.C.1.2:	1.75%	1
<p>Evaluate how environment and personal health are interrelated.</p>	HE.912.C.1.3:	1.75%	1

<p>Remarks/Examples: Food options within a community; prenatal facilitates, air quality; weather –safety awareness</p>			
<p>Propose strategies to reduce or prevent injuries and health problems</p> <p>Remarks/Examples: Mandatory passenger-restraint/helmet law, healthy relationship skills.</p>	HE.912.C.1.4:	5%	3
<p>Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases.</p> <p>Remarks/Examples: Health prevention, detection, and treatment, obesity, and industrial related chronic diseases</p>	HE.912.C.1.5:	1.75%	1
<p>Evaluate the relationship between access to health care and health status.</p> <p>Remarks/Examples: Early detection and treatment of cancer, HIV, Childhood disease or illness, and first-responders</p>	HE.912.C.1.6:	3%	2
<p>Analyze how heredity and family history can impact personal health.</p> <p>Remarks/Examples: Drug use, family obesity, heart disease.</p>	HE.912.C.1.7:	3%	2
<p>Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors.</p> <p>Remarks/Examples: Risks associated with alcohol abuse, including chronic lung disease related to tobacco use/neglect, and dating violence</p>	HE.912.C.1.8:	3%	2
<p>Analyze how the family influences the health of individuals</p> <p>Remarks/Examples: Nutritional management of meals, composited with health-</p>	HE.912.C.2.1:	5%	3

insurance status.			
<p>Compare how peers influence healthy and unhealthy behaviors.</p> <p>Remarks/Examples: Binge drinking and social groups, sexual dating partner, students' recommendations, lifestyle, review trends in current and emergency seatbelts.</p>	HE.912.C.2.2:	3%	2
<p>Assess how the school and community can affect personal health practice and behaviors</p> <p>Remarks/Examples: Healthier foods, required health education, tolerance policies related to all forms of violence.</p>	HE.912.C.2.3:	3%	2
<p>Evaluate how public health policies and government regulations can influence health promotion and disease prevention.</p> <p>Remarks/Examples: Seat-belt enforcement, underage alcohols , and AED availability</p>	HE.912.C.2.4:	1.75%	1
<p>Evaluate the effect of media on personal and family health</p> <p>Remarks/Examples: Compares brand-name/store-brand items and identifies effective PSAs, consumer skills, resources, participation in risky behaviors, and unhealthy stereotypes, and normalization.</p>	HE.9.12.C.2.5	1.75%	1
<p>Evaluate the impact technology on personal, family and community health.</p> <p>Remarks/Examples: Automated external defibrillator in the community with directions, type of information requested from websites, Internet Safety, and disease prevention</p>	HE.912.C.2.6:	3%	2
<p>Analyze how culture supports and challenges health beliefs, practices, and behaviors.</p> <p>Remarks/Examples:</p>	HE.912.C.2.7:	5%	3

Various cultures' dietary patterns, rites of passage, personal relationships, ethics and parenting			
Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	HE.912.C.2.8:	1.75%	1
Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.	HE.912.C.2.9:	1.75%	1
Remarks/Examples: Social conformity, self-discipline, and impulsiveness.			

List of Participants:

100%

60
