

Course Title: M/J Health 3 (Edits)**Course Number: 0800020**

NGSSS Benchmark	Content Focus	Number of Questions	Suggested Cognitive Complexity (per CPALMS)
Reporting Category 1: Responsible Behavior			
HE.8.B.3.2	Accessibility, validity, and reliability of things to enhance personal health	2 4	4 level 2
HE.8.B.3.4	Determine situations when specific professional health services may be required	2	2 level 2
HE.8.B.4.3	Examine the possible causes of conflict among youth in schools and communities.	2 1	2 level 3 1 level 2
HE.8.B.5.1	Determine when health-related situations require the application of a thoughtful prepared plan of action.	2 4	4 level 2
HE.8.B.5.2	Categorize healthy and unhealthy alternatives to health-related issues or problems.	3 4	1 level 1 3 level 2
HE.8.B.5.4	Distinguish when individual or collaborative decision-making is appropriate.	2	2 level 2
HE.8.B.6.1	Assess personal health practices. * Only extended response items in item bank	2	2 level 2
HE.8.B.6.3	Apply strategies and skills need to attain a personal health goal	2	2 level 2
Reporting Category Total		19	
Reporting Category 2: Concepts			
HE.8.C.1.2	Analyze the interrelationship between healthy/unhealthy behaviors and the dimensions of health: physical, mental/emotional, social, and intellectual.	2	2 level 2
HE.8.C.1.3	Predict how environmental factors affect personal health.	3	3 level 2
HE.8.C.1.4	Investigate <u>strategies</u> to reduce or prevent injuries and other adolescent health problems.	2	2 level 2
HE.8.C.1.5	Identify major chronic diseases that impact human body systems.	2	2 level 2
HE.8.C.1.7	Explore how heredity and family history can affect personal health.	2 1	1 level 2
HE.8.C.1.8	Anticipate the likelihood of injury or illness if engaging in unhealthy/risky behaviors.	2 3	2 level 1 1 level 2
HE.8.C.2.2	Assess how the health beliefs of peers may influence adolescent health.	2	2 level 2
HE.8.C.2.3	Analyze how the school and community may influence adolescent health.	2	2 level 2
HE.8.C.2.5	Research marketing <u>strategies</u> behind health-related media messages. * No items in Item Bank	2	2 level 2
HE.8.C.2.6	Analyze the influence of <u>technology</u> on personal and family health. * No items in Item Bank	2	2 level 2
Reporting Category Total		17	
Reporting Category 3: Promotion			
HE.8.P.8.1 HE.7.P.8.1	Promote positive health choices with the influence and support of others. (only items for 7 th grade standard that is very close to 8 th)	2 1	1 level 1
HE.8.P.8.4 HE.7.P.8.4	Evaluate ways health messages and communication techniques can be targeted for different audiences. (only items for 7 th grade standard that is very close to 8 th)	2 3	3 level 3
Reporting Category Total		4	

Overall Percentage for written test: 100%

Overall Percentage for Performance Tasks: