

Blueprint Summary Table

End of Course Exam: Health Education

School:

| Category | % of Questions Required | % of Questions included in the Test | List the Question Numbers on the Test | SD Standard | Blooms Level |
|--|--------------------------------------|-------------------------------------|---------------------------------------|---|---|
| <p>Core Concepts</p> <ul style="list-style-type: none"> • Healthy behaviors and the impact on health status. • Interrelationship of emotional, mental, physical and social health. • Effect of genetics and family history on personal health. | <p>15% (9 questions)</p> | | | <p>Standard 1: Core Concepts</p> <p>1.12.1</p> <p>1.12.2</p> <p>1.12.4</p> | <p>Creating</p> <p>Understanding</p> <p>Analyzing</p> |
| <p>Analyzing Influences</p> <ul style="list-style-type: none"> • The influence of family on the health of the individual. • How culture supports and challenges health beliefs, | <p>30% (18 questions)</p> | | | <p>Standard 2: Analyzing Influences</p> <p>2.12.1</p> <p>2.12.2</p> | <p>Analyzing</p> <p>Analyzing</p> |

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| <p>practices, and behaviors.</p> <ul style="list-style-type: none"> • The influence of peers on healthy and unhealthy behaviors. • The impact of media on personal and family health. • The impact of technology on personal, family, and community health • The influence of school health policies and government regulations on health promotion and disease prevention. | | | | <p>2.12.3</p> <p>2.12.5</p> <p>2.12.6</p> <p>2.12.10</p> | <p>Analyzing</p> <p>Evaluating</p> <p>Evaluating</p> <p>Analyze</p> |
| <p>Accessing Information</p> <ul style="list-style-type: none"> • Access valid and reliable health information, and products and services. | <p>5% (3 questions)</p> | | | <p>Standard 3: Accessing Information</p> <p>3.12.1</p> | <p>Remembering</p> |
| <p>Interpersonal Communication</p> <ul style="list-style-type: none"> • Communicate effectively with family, peers, and others to enhance health. • Use refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. | <p>20% (12 questions)</p> | | | <p>Standard 4: Interpersonal Communication</p> <p>4.12.1</p> <p>4.12.2</p> | <p>Applying</p> <p>Applying</p> |

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| <ul style="list-style-type: none"> • Prevent, manage, or resolve interpersonal conflicts without harming self or others. • Ask for and offer assistance to enhance the health of self and others. | | | | 4.12.3 | Applying |
| | | | | 4.12.4 | Applying |
| <p>Decision Making</p> <ul style="list-style-type: none"> • Apply the decision-making process in health-related situations. • The effectiveness of health-related decisions. | 10% (6 questions) | | | <p>Standard 5: Decision Making</p> <p>5.12.2</p> <p>5.12.7</p> | <p>Evaluating</p> <p>Evaluating</p> |
| <p>Goal Setting</p> <ul style="list-style-type: none"> • Formulate an effective long-term personal health plan. | 5% (3 questions) | | | <p>Standard 6: Goal Setting</p> <p>6.12.4</p> | Creating |
| <p>Self-management</p> <ul style="list-style-type: none"> • The role of individual responsibility in enhancing health. | 5% (3 questions) | | | <p>Standard 7: Self- Management</p> <p>7.12.1</p> | Analyzing |
| <p>Advocacy</p> | 10% (6 questions) | | | <p>Standard 8: Advocacy</p> | |

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| <ul style="list-style-type: none"> Persuade and support others to make positive health choices. Adapt health messages and communication techniques to a specific target audience. | | | | 8.12.2 | Understanding |
| | | | | 8.12.4 | Understanding |

The blueprint summary table for Health Education aligns with the **South Dakota Health Education (SDHE) Course Standards for High School Graduation Requirement** document. <http://doe.sd.gov/schoolhealth/documents/HEdStandr.pdf>

The SDHE Course Standards document does not address specific health education content areas; instead, it provides a framework from which curricula can be developed independently. The selection of specific health content is left to local education agencies.

The nine health education content areas are: Alcohol and Other Drugs, Injury Prevention, Nutrition, Physical Activity, Family Life and Sexuality, Tobacco-Use Prevention, Mental Health, Personal and Consumer Health and Community and Environmental Health.

A valid End-of-Course exam should have 60 items. The blueprint summary table for **Health Education** is based on a 60 item test.

REVISED – January 2013