



Notes:

		Test Proportion				
SUBAREA I—PERSONAL HEALTH AND WELLNESS		40				
0001	Understand human growth and development and human body systems and their relationships to personal health and wellness.					
0002	Understand the role of nutrition in the promotion of personal health and wellness.					
0003	Understand the role of exercise and physical fitness in maintaining and enhancing personal health and wellness.					
0004	Understand how disorders and diseases affect health and wellness.					
0005	Understand the relationships of drug use, misuse, and abuse to personal health and wellness.					
0006	Understand mental and emotional health.					
0007	Understand goal-setting and decision-making skills to enhance health and wellness.					
SUBAREA II—INTERPERSONAL RELATIONSHIPS		24				
0008	Understand the nature of peer relationships and strategies for promoting healthy peer relationships.					
0009	Understand family relationships and their effects on health.					
0010	Understand communication skills and conflict-resolution strategies.					
0011	Understand human sexuality and its effects on health.					
SUBAREA III—COMMUNITY HEALTH		18				
0012	Understand environmental factors that affect health.					
0013	Understand important current health issues and their effects on community health.					
0014	Understand procedures and issues related to safety, accident prevention, and providing care in medical emergency situations.					
SUBAREA IV—HEALTH-RELATED RESOURCES AND SKILLS		18				
0015	Understand reliable sources of health-related information.					
0016	Understand how culture, media, and technology affect health-related decisions.					
0017	Understand methods for selecting, accessing, and managing health care.					

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