

Portland Public Schools  
Education Options  
***CREDIT BY EXAMINATION***  
**HEALTH 1-2**

**Topics to consider when studying for the exam:**

- Addiction/Substance Abuse
- Abuse: physical, emotional, sexual, spousal
- Nutrition: nutrients, food composition, digestion, weight
- Reproduction
- Pregnancy
- Sexual health and hygiene
- Sexually transmitted diseases (STDs)
- Environmental health and safety
- Phobias/Disorders
- Hormones
- Body systems: urinary, endocrine, skeletal, circulatory, nervous, digestive, etc...
- Conflict resolution
- CPR/First Aid

In addition, candidates should be able to demonstrate that they can:

- Access valid health information
- Analyze influences of culture, media, technology, and other factors on health
- Use interpersonal communication skills to enhance health
- Set realistic health-enhancing goals and describe the steps needed to reach those goals
- Use decision-making steps that lead to health-enhancing action
- Advocate for personal, family, and community health

RECOMMENDED TEXT:

Glencoe, **Health**, c.2011

Find the text online at the following link:

[http://www.glencoe.com/sites/oregon/student/health\\_fitness/index.html](http://www.glencoe.com/sites/oregon/student/health_fitness/index.html)

**DO NOT EXPECT TO PASS A CREDIT BY EXAMINATION TEST WITHOUT STUDYING.**

Questions: Call Education Options office at (503) 916-3857 or consult your day school guidance counselor.