



National Evaluation Series™

Test Framework Worksheet

Health

Test Code
505

Notes:

		Multiple-Choice Questions (approx.)	Test Proportion (approx.)				
CONTENT DOMAIN I—HEALTH THROUGHOUT THE LIFE SPAN		45	30%				
Competency	0001	Understand principles of human anatomy and physiology and stages of growth and development.					
	0002	Understand the importance of proper nutrition for maintaining lifelong health.					
	0003	Understand principles, components, and benefits of health-related physical fitness.					
CONTENT DOMAIN II—HEALTH PROMOTION AND RISK REDUCTION		60	40%				
Competency	0004	Understand the nature, control, and prevention of illness and disease.					
	0005	Understand principles and strategies for reducing risks to personal health.					
	0006	Understand factors that influence interpersonal and family relationships and strategies for promoting healthy relationships.					
	0007	Understand principles, methods, and techniques for enhancing safety, preventing and treating injuries, avoiding danger, and responding to emergencies.					
CONTENT DOMAIN III—HEALTH ADVOCACY AND LITERACY		45	30%				
Competency	0008	Understand how to use risk-assessment, conflict-resolution, goal-setting, decision-making, and advocacy skills to enhance health.					
	0009	Understand principles and techniques for locating, evaluating, selecting, and accessing information, products, and services to enhance health.					
	0010	Understand the influence of society, culture, media, technology, and the environment on personal, family, and community health.					

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