

Health Benchmark 3--Study Guide

You need to study your notes and worksheets over the following topics. There are also Quizlet reviews on my website for each topic as well as a Final Exam Quizlet. For additional information you can access the Health book online with the access code and link on my website.

1. Introduction to Health Vocabulary (Ch 1)
2. Decision Making Process and styles (Ch 2, lesson 2)
3. Mental Health and Stress (Ch 3 and 4)
4. Mental and Emotional Problems (Ch 5)
5. Alcohol and Drug Awareness Program (ADAP booklet)
6. Tobacco Use (Ch 20)
7. Illegal Drugs (Ch 22)
8. Nutrition (Ch 10)
9. Physical Fitness (Ch 12)
10. Human Growth and Development (Ch 16, Ch 17)
11. STD's and HIV (Ch 24)
12. First Aid and Safety (Ch 27)

Review Questions for the Final Exam are linked to the website in a separate document.