



# California Subject Examinations for Teachers®

## TEST GUIDE

### HEALTH SCIENCE General Examination Information

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CS-TG-HLTHGI-03

## Test Structure for CSET: Health Science

CSET: Health Science consists of three separate subtests, each composed of both multiple-choice and constructed-response questions. Each subtest is scored separately.

The structure of the examination is shown in the table below.

<b>CSET: Health Science</b>			
<b>Subtest</b>	<b>Domains</b>	<b>Number of Multiple-Choice Questions</b>	<b>Number of Constructed-Response Questions</b>
I	Foundations of Health Education	10	1 extended
	Human Growth and Development	10	none
	Chronic and Communicable Diseases	20	1 short (focused)
	Subtest Total	40	1 extended 1 short (focused)
II	Nutrition and Fitness	15	1 short (focused)
	Mental and Emotional Health	10	none
	Alcohol, Tobacco, and Other Drugs	15	1 extended
	Subtest Total	40	1 short (focused) 1 extended
III	Family Life and Interpersonal Relationships	15	1 short (focused)
	Consumer and Community Health	15	none
	Environmental Health	10	none
	Subtest Total	40	1 short (focused)

# Annotated List of Resources for CSET: Health Science

This list identifies some resources that may help candidates prepare to take CSET: Health Science. While not a substitute for coursework or other types of teacher preparation, these resources may enhance a candidate's knowledge of the content covered on the examination. The references listed are not intended to represent a comprehensive listing of all potential resources. Candidates are not expected to read all of the materials listed below, and passage of the examination will not require familiarity with these specific resources. A brief summary is provided for each reference cited. Resources are organized alphabetically and by content domain order in subtest order.

## Foundations of Health Science

Anspaugh, Davis, and Ezell, Gene. (2004). *Teaching Today's Health*. Upper Saddle River, NJ: Pearson Education, Inc.

This book is especially adept at addressing coordinated school health, health issues facing students, and strategies for the classroom teacher.

Gilber, Glen, and Sawyer, Robin. (2000). *Health Education: Creating Strategies for School and Community Health*. Sudbury, MA: Jones and Bartlett.

This book provides information about a history of health education, how to plan for instruction, philosophy and theory application, use of the Internet, minority health, and special challenges.

Marx, Eva; Wooley, Susan; Northrop, Daphne; and Frelick, Susan. (1998). *Health Is Academic: A Guide to Coordinated Health Programs*. New York, NY: Teacher's College Press.

This text provides an overview of the effectiveness of coordinated school health programs. It provides frameworks for coordinated school health programs and includes state and national roles in school health programs.

Meeks, Linda; Heit, Philip; and Page, Randy. (2004). *Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health*. New York, NY: McGraw Hill.

The authors provide extensive and complete information on coordinated school health, comprehensive health education, health content in mental health, family and social health, and other health education topics.

Weinstein, E., and Rosen, Efraim. (2003). *Teaching Children About Health* (2nd edition). Belmont, CA: Wadsworth and Thomas Learning.

This book is an excellent teaching reference that gives a general overview of all nine domains.

## Human Growth and Development

Anspaugh, Davis, and Ezell, Gene. (2004). *Teaching Today's Health*. Upper Saddle River, NJ: Pearson Education, Inc.

This book is especially adept at addressing coordinated school health, health issues facing students, and strategies for the classroom teacher.

Curtis, C.; Friedman, D.; Stine, P.; and Whalen, S. (2004). *Lifetime Health*. San Diego, CA: Holt, Rinehart and Winston.

This text provides comprehensive health instruction with frequent life skills practice to promote wellness.

Meeks, Linda; Heit, Philip; and Page, Randy. (2004). *Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health*. New York, NY: McGraw Hill.

The authors provide extensive and complete information on coordinated school health, comprehensive health education, health content in mental health, family and social health, and other health education topics.

Merki, Mary Bronson, and Merki, Don. (2004). *Glencoe Health*. Woodland Hills, CA: Glencoe and McGraw Hill.

This program provides comprehensive content, design, and real-life applications. It is a great general resource for all domains.

Weinstein, E., and Rosen, Efraim. (2003). *Teaching Children About Health* (2nd edition). Belmont, CA: Wadsworth and Thomas Learning.

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## Chronic and Communicable Diseases

Anspaugh, Davis, and Ezell, Gene. (2004). *Teaching Today's Health*. Upper Saddle River, NJ: Pearson Education, Inc.

This book is especially adept at addressing coordinated school health, health issues facing students, and strategies for the classroom teacher.

Green, L., and Ottoson, J. (1999). *Community and Population Health* (8th edition). New York, NY: McGraw Hill.

This text discusses community health concepts, disease, epidemiology, population health, diversity issues, environmental health, and a variety of other pertinent topics.

Meeks, Linda; Heit, Philip; and Page, Randy. (2004). *Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health*. New York, NY: McGraw Hill.

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This book is an excellent teaching reference that gives a general overview of all nine domains.

## Nutrition and Fitness

Anspaugh, Davis, and Ezell, Gene. (2004). *Teaching Today's Health*. Upper Saddle River, NJ: Pearson Education, Inc.

This book is especially adept at addressing coordinated school health, health issues facing students, and strategies for the classroom teacher.

Barrett, Stephen; Jarvis, William; Kroger, Manfred; and London, William. (2002). *Consumer Health: A Guide to Intelligent Decisions with Powerweb: Health and Human Performance*. New York, NY: McGraw Hill.

This text gives a general overview of topics such as consumer health issues, health care, nutrition, and fitness.

Green, L., and Ottoson, J. (1999). *Community and Population Health* (8th edition). New York, NY: McGraw Hill.

This text discusses community health concepts, disease, epidemiology, population health, diversity issues, environmental health, and a variety of other pertinent topics.

Sizer, F., and Whitney, E. (2003). *Nutrition Concepts and Controversies* (9th edition). Belmont, CA: Wadsworth Group.

The authors give excellent coverage of the fundamentals of human nutrition and provide an overview of language acquisition theories, linguistics, contrastive analysis, and communicative competence.

Weinstein, E., and Rosen, Efraim. (2003). *Teaching Children About Health* (2nd edition). Belmont, CA: Wadsworth and Thomas Learning.

This book is an excellent teaching reference that gives a general overview of all nine domains.

## Mental and Emotional Health

Anspaugh, Davis, and Ezell, Gene. (2004). *Teaching Today's Health*. Upper Saddle River, NJ: Pearson Education, Inc.

This book is especially adept at addressing coordinated school health, health issues facing students, and strategies for the classroom teacher.

Hahn, D., and Payne, E. (2003). *Focus on Health* (6th edition). New York, NY: McGraw Hill.

This text is an excellent reference for emotional health and psychological wellness.

Meeks, Linda; Heit, Philip; and Page, Randy. (2004). *Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health*. New York, NY: McGraw Hill.

The authors provide extensive and complete information on coordinated school health, comprehensive health education, health content in mental health, family and social health, and other health education topics.

Merki, Mary Bronson, and Merki, Don. (2004). *Glencoe Health*. Woodland Hills, CA: Glencoe and McGraw Hill.

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Weinstein, E., and Rosen, Efraim. (2003). *Teaching Children About Health* (2nd edition). Belmont, CA: Wadsworth and Thomas Learning.

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## Alcohol, Tobacco, and Other Drugs

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This book is especially adept at addressing coordinated school health, health issues facing students, and strategies for the classroom teacher.

Curtis, C.; Friedman, D.; Stine, P.; and Whalen, S. (2004). *Lifetime Health*. San Diego, CA: Holt, Rinehart and Winston.

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The authors provide extensive and complete information on coordinated school health, comprehensive health education, health content in mental health, family and social health, and other health education topics.

Ray, Oakley, and Ksir, Charles. (2004). *Drugs, Society, and Human Behavior*. New York, NY: McGraw Hill.

The authors give an overview on the impact of tobacco, alcohol, and other drugs on society.

Weinstein, E., and Rosen, Efraim. (2003). *Teaching Children About Health* (2nd edition). Belmont, CA: Wadsworth and Thomas Learning.

This book is an excellent teaching reference that gives a general overview of all nine domains.

## Family Life and Interpersonal Relationships

Anspaugh, Davis, and Ezell, Gene. (2004). *Teaching Today's Health*. Upper Saddle River, NJ: Pearson Education, Inc.

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Weinstein, E., and Rosen, Efraim. (2003). *Teaching Children About Health* (2nd edition). Belmont, CA: Wadsworth and Thomas Learning.

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## Environmental Health

Anspaugh, Davis, and Ezell, Gene. (2004). *Teaching Today's Health*. Upper Saddle River, NJ: Pearson Education, Inc.

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Green, L., and Ottoson, J. (1999). *Community and Population Health* (8th edition). New York, NY: McGraw Hill.

This text discusses community health concepts, disease, epidemiology, population health, diversity issues, environmental health, and a variety of other pertinent topics.



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