



# **TEGES Health EC-12 (157) Secrets Study Guide: TEGES Test Review for the Texas Examinations of Educator Standards (Mometrix Test Preparation)**

*TEGES Exam Secrets Test Prep Team*

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**\*\*\*Includes Practice Test Questions\*\*\***

**Get the test prep help you need to be successful on the TEGES Health EC-12 test.**

The TEGES (157) Health EC-12 Exam is extremely challenging and thorough test preparation is essential for success. *TEGES Health EC-12 Exam Secrets Study Guide* is the ideal prep solution for anyone who wants to pass the TEGES Health EC-12 Exam.

Not only does it provide a comprehensive guide to the TEGES Health EC-12 Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

*TEGES (157) Health EC-12 Exam Secrets Study Guide* includes:

- A thorough review for the TEGES Health EC-12 Exam
- A breakdown of personal health
- An examination of healthy interpersonal relationships
- A guide to community and environmental health and safety
- An analysis of health-related skills and resources
- An in-depth look at the school health education program
- Comprehensive practice questions with detailed answer explanations

It's filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the Texas State Board for Educator Certification (SBEC) expects you to have mastered before sitting for the exam.

**The Personal Health section covers:**

- Physical health
- Body awareness
- Human body systems
- Nutrition
- Viruses and diseases
- Cancer
- Eating disorders
- Exercise and fitness
- Gender differences

**The Healthy Interpersonal Relationships section covers:**

- Friendship
- Nuclear and extended family

- Psychosocial development and emotions
- Communication
- Love and Marriage
- Dysfunctional relationship
- "Broken" or blended families
- Sexual decision-making and intercourse

**The Community and Environmental Health and Safety section covers:**

- Alcoholism and effects
- Tobacco and nicotine and addiction
- Drug abuse and types of drugs
- Infectious disease and the immune system
- Basic first-aid tips and supplies

**The Health-Related Skills and Resources section covers:**


- Basic medical tests
- Medical confidentiality
- Medical history and patient conduct
- Outpatient treatment centers
- Hospital evaluation
- Doctor and nurse training
- CDC findings

**The School Health Education Program section covers:**

- Responsibilities for entry-level health educators
- Properly providing health education
- Assessment and lesson plans
- Class assignments
- Effective health education program
- Gifted students and learning disabilities
- National Health Education
- Code of Ethics for the Health Education Profession
- Laws and OSHA

These sections are full of specific and detailed information that will be key to passing the TExES Health EC-12 Exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language.

Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual TExES Health EC-12 Exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear.

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