

ILLINOIS STANDARDS ACHIEVEMENT TEST

**Sample Test Items:  
Illinois Learning Standards  
for  
Physical Development and Health**

Grades 4, 7, 9/10

2003

ILLINOIS STATE BOARD OF EDUCATION

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## Introduction

The Illinois State Board of Education (ISBE) in conjunction with citizens and educators throughout Illinois worked to develop the Illinois Learning Standards (ILS) and the Illinois Standards Achievement Test (ISAT). The physical development and health (PD/H) component will be administered to all students in grades 4 and 7. The PD/H items are located in the science test booklet for the appropriate grade level. All test items are multiple-choice. In late summer, ISBE will return test results for the physical development and health component of the ISAT. No individual student scores will be returned.

The ISAT physical development and health test at grades 9 and/or 10 is voluntary. Schools have the option of administering the test during the ISAT testing period or during the Prairie State Achievement Examination (PSAE). The voluntary ISAT was developed to assess the physical development/health and fine arts Learning Standards at grades 9 and/or 10, since these Standards are not assessed on the Prairie State Achievement Examination (PSAE) at grade 11. In late summer, ISBE will return grade 9/10 scores for individual students and participating schools. State reports will not be available since not all students take this test.

For further information concerning the PD/H or other state assessments, please go to the ISBE Web site at <http://www.isbe.net>.

# Overview of the ISAT for Physical Development and Health

## Populations

All public school students in grades 4 and 7 take the ISAT physical development and health test.

Schools may volunteer to administer the ISAT physical development and health test to students in grades 9 and/or 10. ISBE will send an Enrollment Update Form to all high schools in the fall. Schools that wish to have their students in grades 9 and/or 10 take the PD/H ISAT, complete the form and send it to NCS-Pearson in Iowa City, Iowa.

## Structure of the Test

PD/H test items for grades 4, 7, and 9/10 address the Illinois Learning Standards for physical development and health and are written by Illinois educators and pilot-tested on Illinois students. The test at grades 4 and 7 consists of 14 multiple-choice items and is located at the end of Session Two of the ISAT science test.

The test at grades 9 and/or 10 consists of 50 multiple-choice items. Students may take a class period (50-60 minutes) to complete the test. The test may be administered to students at grade 9, grade 10, or both.

# Illinois Goals and Learning Standards for Physical Development and Health

## Physical Development Goals and Standards:

**Goal 19:** Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

**Standard A:** Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.

**Standard B:** Analyze various movement concepts and applications.

**Standard C:** Demonstrate knowledge of rules, safety and strategies during physical activity.

**Goal 20:** Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

**Standard A:** Know and apply the principles and components of health-related fitness.

**Standard B:** Assess individual fitness levels.

**Standard C:** Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.

**Goal 21:** Develop team-building skills by working with others through physical activity.

**Standard A:** Demonstrate individual responsibility during group physical activities.

**Standard B:** Demonstrate cooperative skills during structured group physical activity.

## Health Goals and Standards:

**Goal 22:** Understand principles of health promotion and the prevention and treatment of illness and injury.

**Standard A:** Explain the basic principles of health promotion, illness prevention and safety.

**Standard B:** Describe and explain the factors that influence health among individuals, groups and communities.

**Standard C:** Explain how the environment can affect health.

**Goal 23:** Understand human body systems and factors that influence growth and development.

**Standard A:** Describe and explain the structure and functions of the human body systems and how they interrelate.

**Standard B:** Explain the effects of health-related actions on the body systems.

**Standard C:** Describe factors that affect growth and development.

**Goal 24:** Promote and enhance health and well-being through the use of effective communication and decision-making skills.

**Standard A:** Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict.

**Standard B:** Apply decision-making skills related to the protection and promotion of individual health.

**Standard C:** Demonstrate skills essential to enhancing health and avoiding dangerous situations.



**Sample ISAT  
Physical Development and Health  
Items**

**Grade 4**

[Answer key is in Appendix A]





**7** Taylor wants to change his eating habits and eat a balanced diet. What will eating a balanced diet most likely do for him?

- A. Give him headaches.
- B. Give him more of the nutrients his body needs.
- C. Make him feel weak and tired all the time.
- D. Make his skin break out.

**8** When Tracey breathes in, where does the air go first?

- A. To her heart
- B. To her lungs
- C. To her stomach
- D. To her brain

**9** How can Brandon help stop germs from spreading?

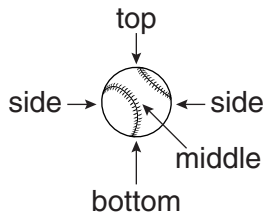
- A. Use his friend's toothbrush.
- B. Cover his mouth when he coughs.
- C. Share his friend's eating utensils.
- D. Put his mouth on the water fountain.

**10** Jamal flosses at least once a day because he knows that regular flossing helps to prevent dental disease. What else should he do to take good care of his teeth?

- A. Eat sugary snacks.
- B. Eat a lot of salty foods.
- C. Brush his teeth at least twice a day.
- D. Brush his teeth only if his parents tell him to.

**11** Which skill will best help Danielle keep from bumping into others during a game?

- A. Chasing
- B. Tagging
- C. Swaying
- D. Dodging



**12** Kyle wants to hit a softball so that it will go high into the air. Where should he hit the ball with his bat?

- A. Near the bottom of the ball
- B. In the middle of the ball
- C. Near the top of the ball
- D. On the side of the ball

**13** Which is a safe thing to do while running?

- A. Stay close to another runner.
- B. Keep shoelaces tied.
- C. Never look at the ground.
- D. Look back at the other runners.

**14** Which term means the ability to move and bend easily in different ways?

- A. Physical fitness
- B. Endurance
- C. Flexibility
- D. Strength

**15** Which is an example of cooperation?

- A. Trying to be in charge
- B. Calling each other names
- C. Arguing with each other about the rules
- D. Working together toward a common goal

**16** Rick brought a healthy lunch to school, but his friends offered him some candy to eat instead. Which is best for Rick to do to make a healthy choice?

- A. Give his lunch to another student and eat the candy instead.
- B. Eat his lunch first and then have a small amount of candy.
- C. Eat the candy first and then have part of his lunch.
- D. Eat the candy and keep his lunch for tomorrow.

**17** Which is the safest way to cross a street?

- A. Look to the left first, then cross the street.
- B. Look to the right first, then cross the street.
- C. Run quickly, crossing before the traffic starts.
- D. Go to the intersection, then look both ways before crossing.

**18** Which is part of the respiratory system?

- A. Liver
- B. Lungs
- C. Stomach
- D. Intestines

**19** Paul and Ken are having a disagreement. How should Paul show Ken he is trying to settle the disagreement?

- A. Look at Ken and listen to what he is saying.
- B. Interrupt Ken and tell him that he is wrong.
- C. Stay angry as long as Ken does.
- D. Turn his back while Ken is talking.

**20** Sue is allergic to insect stings. What is the best thing for Sue to do if she were stung by a bee?

- A. Remove the stinger.
- B. See a doctor immediately.
- C. Apply a bandage.
- D. Take an aspirin daily.

**Sample ISAT  
Physical Development and Health  
Items**

**Grade 7**

[Answer key is in Appendix A]



**1** Which is the most stable and balanced position?

- A. One body part is in touch with the floor.
- B. Two body parts are in touch with the floor.
- C. Three body parts are in touch with the floor.
- D. Four body parts are in touch with the floor.

**2** Carmen is playing on a basketball team. She dribbles the ball while keeping her body between the ball and her opponent. Which best describes what she is doing?

- A. Controlling the ball effectively
- B. Losing the ball too easily
- C. Causing an offensive foul
- D. Causing a defensive foul

**3** What is the goal of a defensive strategy in a sport?

- A. To create opportunities for scoring
- B. To cooperate with the other team
- C. To follow the rules
- D. To prevent the other team from scoring

**4** Which activity is most likely to improve cardiovascular endurance?

- A. Golf
- B. Softball
- C. Archery
- D. Running

**5** How does exercise affect the body?

- A. Exercise adds calories and increases fat storage.
- B. Exercise makes a person less flexible.
- C. Exercise burns calories and reduces fat storage.
- D. Exercise weakens bones.

**6** Katy made several mistakes during her team's last game. Katy told her friends that the coach and other players caused the mistakes. Which best describes Katy's behavior?

- A. Cooperating with the team
- B. Shifting blame
- C. Working as a team
- D. Accepting responsibility

**7** Jennifer wants to improve some personal behaviors. Which is the best way for her to do this successfully?

- A. Set high goals and blame others if she fails occasionally.
- B. Expect behaviors to change quickly with little effort.
- C. Try to change all undesirable behaviors at once.
- D. Realize effective behavior change takes time and occurs step-by-step.

**8** Maurice was in a biking accident. His skin is cool and pale. His pulse is weak and rapid, and he is breathing irregularly. What is Maurice likely experiencing?

- A. Heat exhaustion
- B. Frostbite
- C. Flu
- D. Traumatic shock

**9** Jason enjoys fast food and eats it at least once a day. Which is Jason probably getting too much of in his diet?

- A. Protein and enzymes
- B. Vegetables and fruit
- C. Vitamins and minerals
- D. Fat and sodium

**10** Bob and Sandy are having an argument. Bob believes he knows why they are having a problem. Which course of action will let them deal with their differences in the healthiest manner?

- A. Bob should wait until Sandy approaches him about the problem.
- B. Bob should ask Sandy to think about the problem and list solutions.
- C. Bob and Sandy should discuss the problem and possible solutions.
- D. Bob should explain the problem to Sandy and offer solutions.

**11** Which is the best method for stretching muscles?

- A. Start with the muscle tight, then quickly stretch as far as possible.
- B. Stretch as far as possible, then have a partner push you further.
- C. Stretch the muscle as far as possible, then hold the position for 10-20 seconds.
- D. Stretch the muscle as far as possible, then bounce to stretch further.

**12** Joe is a long-distance runner who strained his calf muscle. Which physical activity would be best for Joe to do if he wants to maintain his cardiovascular endurance while his calf muscle heals?

- A. Sit-ups
- B. Swimming
- C. Basketball
- D. Weight training

**13** What process is most likely occurring in the muscles after two months of weight training?

- A. The number of muscle fibers increases.
- B. Muscle fibers increase in size.
- C. Fat turns into muscle fibers.
- D. Muscle fibers decrease in length.

**14** When the group leader asks for the attention of the group, what should each individual do?

- A. Continue what the group is doing.
- B. Talk with other group members.
- C. Tell the leader to wait a minute.
- D. Stop and pay attention to the leader.

**15** When is the Heimlich maneuver used?

- A. To help a drowning victim breathe
- B. To open the windpipe of a choking victim
- C. To reduce the pain of a burn victim
- D. To stop the bleeding of an accident victim

**16** Marsha, a nonsmoker, walks into a restaurant that is filled with cigarette smoke. What is this type of smoke called?

- A. Secondhand smoke
- B. Smokeless tobacco
- C. Carbon monoxide
- D. Nicotine

**17** Which is the function of an enzyme?

- A. Moves oxygen into the blood.
- B. Moves carbon dioxide to the lungs.
- C. Repairs damaged tissue in the body.
- D. Breaks down food into nutrients.

**18** Mike is the tallest student in his seventh-grade class. Mike's father and mother are both tall. Which of the following is the best explanation for Mike's height?

- A. Mike has not stunted his growth by smoking.
- B. Mike is the most emotionally mature student in his class.
- C. Mike gets more exercise than his classmates.
- D. Mike has inherited his height from his parents.

**19** What would be the best immediate action for Pat to take if his shirt caught on fire?

- A. Call for help with the fire.
- B. Tell a teacher what happened.
- C. Stop, drop, and roll on the ground.
- D. Yell, run, and find a fire extinguisher.

**20** Jasmine discovers that her friend Mark is using illegal drugs. Which is the best way for Jasmine to encourage Mark to change his behavior?

- A. Refuse to cover up for Mark and insist he get help.
- B. Try to take the drugs away from Mark.
- C. Make every attempt to help Mark hide his habit.
- D. Feel guilt or shame about Mark's use of drugs.

**Sample ISAT  
Physical Development and Health  
Items**

**Grade 9/10**

[Answer key is in Appendix A]



**1** Which produces an internal force in the human body that results in movement?

- A. Friction
- B. Muscles
- C. Resistance
- D. Gravity

**2** Which will most likely keep students from getting hurt when playing a sport?

- A. Play hard at all times, diving and running into other players whenever necessary.
- B. Wear only the amount of equipment friends on the team are wearing.
- C. Warm up by stretching and loosening muscles before participating.
- D. Play at half speed at all times to avoid damage to the cardiovascular system.

**3** Each week Keisha increases the number of repetitions she does of the 200-yard run. Which fitness principle is Keisha demonstrating?

- A. Distance
- B. Specificity
- C. Maximization
- D. Intensity

**4** Ed wants to lose body fat. Which activity would be best for him to include in his personal fitness program to meet his goal?

- A. Perform 5 push-ups each day.
- B. Stretch 20-30 minutes a day, 3-4 times a week.
- C. Run at least 20 minutes a day, 3-4 times a week.
- D. Perform 50 leg-lifts each day.

**5** Trudi plays on the basketball team. Which should she do to demonstrate good sportsmanship?

- A. Encourage all participants and respect the decisions of the officials.
- B. Praise some individuals for their success and heckle those who fail.
- C. Recognize the success of all participants and heckle the officials for their decisions.
- D. Encourage only selected participants and respect the decisions of the officials.

**6** Which is the correct procedure to use to provide first aid for frostbite?

- A. Break any blisters that form.
- B. Rub the frozen area with snow.
- C. Slowly rewarm the frozen area in warm water.
- D. Quickly soak the frozen body part in hot water.

**7** Carlos likes to exercise outside in the summer. Which is most likely to reduce the risk of heat stress?

- A. Drink lots of fluids before, during, and after exercising.
- B. Cool down by going inside immediately after exercising.
- C. Run during the middle of the day.
- D. Wear layers of dark clothes.

**8** Which is the most important purpose of the skin?

- A. Protect the body from invasion by bacteria and other foreign substances.
- B. Capture and store nutrients from the sun.
- C. Keep muscles and bones from being stressed and injured in contact sports.
- D. Reduce heat stress by preventing sweating.

**9** If Samuel chooses to eat primarily a high fat and protein diet, he is most likely at greater risk for developing which condition later in his life?

- A. Anemia
- B. Osteoporosis
- C. Emphysema
- D. Atherosclerosis

**10** What is the best thing for Ashley to do if a friend tries to pressure her into making a wrong decision?

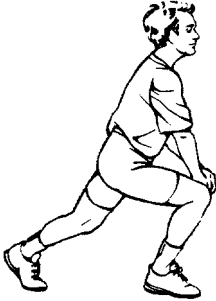
- A. Tell the friend that she will think about it.
- B. Use resistance skills.
- C. Go along with her friend.
- D. Do it if everyone else she knows is doing it.

**11** Which is the best defensive strategy to use when playing a team sport?

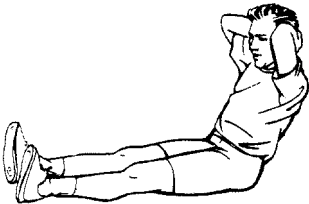
- A. Try to steal the ball from the offense every time a player being defended gets the ball.
- B. Move out of the way of the offensive players as they attempt to score.
- C. Stay focused only on the player being defended to keep from being distracted.
- D. Communicate with team members in order to know where the ball is at all times.

**12** Which person is demonstrating an exercise generally regarded as harmful?

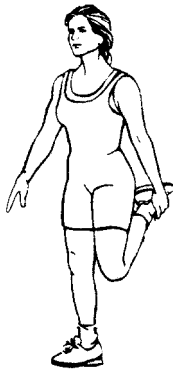
A.



B.



C.



D.



**13** Sam is working out regularly in the gym, lifting weights. The workouts include lifting one set of eight repetitions to overload. Which fitness component is Sam specifically targeting?

- A. Muscular endurance
- B. Cardiovascular capacity
- C. Muscular strength
- D. Body composition

**14** Where is usually the best place on the body to take a pulse?

- A. On the artery in the thigh
- B. On the artery in the throat
- C. Over the heart and breastbone
- D. On the artery in the wrist

**15** Chris has lost the ball to an opponent during the game. How should a team member respond in order to demonstrate support for Chris?

- A. Encourage Chris to forget about the mistake and keep playing hard.
- B. Think about what Chris did to keep from making the same mistake.
- C. Tell the other members of the team not to pass the ball to Chris again.
- D. Advise Chris how to keep from committing the same turnover in the future.

**16** Greg wants to know whether running is helping his cardiovascular system. What is the best way for Greg to determine the intensity of his current exercise?

- A. See how far he can run.
- B. Take his pulse rate immediately after he runs.
- C. See how long he can run.
- D. Record how many times each week he runs.

**17** Second-hand smoke

- A. can decrease the risk of respiratory infection and asthma.
- B. can enter homes through cracks in the walls.
- C. has been linked to gastrointestinal cancer.
- D. is a major cause of lung cancer.

**18** Which is the least likely to result from stress?

- A. Increased blood pressure
- B. Reduced resistance to infection
- C. Lowered heart rate
- D. Increased number of headaches

**19** What is the healthiest and most effective way to lose weight?

- A. Exercise and maintain the same eating habits.
- B. Eat three balanced, but less-caloric, meals daily and exercise.
- C. Exercise and eliminate all carbohydrates and sugars.
- D. Diet first, then exercise after weight loss has ended.

**20** Rachel wants to stop an unhealthy behavior. Which is the most important factor in determining whether or not she succeeds?

- A. How much Rachel believes she can change the behavior
- B. What Rachel learns from the media about the behavior
- C. What Rachel knows her friends and family think about the behavior
- D. How much Rachel learns about the behavior in school

Appendix A

Answer Keys for Grades 4, 7, and 9/10  
Physical Development and Health

<u>Grade 4</u>			<u>Grade 7</u>			<u>Grade 9/10</u>		
Item	Key	Goal/ Standard	Item	Key	Goal/ Standard	Item	Key	Goal/ Standard
1.	A	19A	1.	D	19A	1.	B	19B
2.	A	20B	2.	A	19C	2.	C	19C
3.	A	20B	3.	D	19C	3.	D	20A
4.	B	20C	4.	D	20A	4.	C	20B
5.	C	21A	5.	C	20C	5.	A	21B
6.	A	22A	6.	B	21A	6.	C	22A
7.	B	22B	7.	D	22A	7.	A	23A
8.	B	23A	8.	D	23B	8.	A	23A
9.	B	23B	9.	D	23B	9.	D	23B
10.	C	24B	10.	C	24A	10.	B	24A
11.	D	19B	11.	C	19B	11.	D	19C
12.	A	19B	12.	B	20A	12.	B	19C
13.	B	19C	13.	B	20C	13.	C	20A
14.	C	20A	14.	D	21A	14.	B	20B
15.	D	21B	15.	B	22A	15.	A	21B
16.	B	22A	16.	A	22A	16.	B	22A
17.	D	22A	17.	D	23A	17.	D	22A
18.	B	23A	18.	D	23C	18.	C	23C
19.	A	24A	19.	C	24B	19.	B	24B
20.	B	24B	20.	A	24C	20.	A	24B





