

Interest Inventory - Health Education

Rank each major area (capital letters) in order of interest to you – “what would I like to learn about this semester” # 1 to #15. #1 is the topic you want to learn the most about. Then pick ten of the sub area (lower case letters), which also interest you. Fill in the blanks if a topic is not listed.

- A. ___ Wellness
 - a. ___ Decision Making Process
 - b. ___ Goal setting
 - c. ___
- B. ___ Physical Fitness
 - a. ___
- C. ___ Nutrition
 - a. ___ Managing your weight
 - b. ___ Vitamins mineral water
 - c. ___ Becoming an informed consumer
 - d. ___
- D. ___ Personal health
 - a. ___ Care of skin
 - b. ___ Care of hair
 - c. ___ Oral health
 - d. ___
- E. ___ Mental Health
 - a. ___ Mental disorders
 - b. ___ Stress
 - c. ___ Suicide prevention
 - d. ___ Grief
 - e. ___
- F. ___ Emotional Health
 - a. ___ Emotional problems
 - b. ___ Expressing emotion
 - c. ___
- G. ___ Social Health
 - a. ___ Communication skills
 - b. ___ Conflict resolution
 - c. ___ Family relations
 - d. ___ Refusal Skills
 - e. ___ Peer pressure
 - f. ___ Preventing violence
 - g. ___
- H. ___ Growth and Development
 - a. ___ Birth to late
 - b. ___ Childhood
 - c. ___ Adolescence
 - d. ___ Aging
- I. ___ Medicine and Drugs
 - a. ___ Tobacco
 - b. ___ Alcohol
 - c. ___ Illegal Drugs
 - d. ___ Recovery
 - e. ___ Addiction
 - f. ___
- J. ___ Diseases
 - a. ___ Infectious Diseases
 - b. ___ Sexually Transmitted
 - c. ___ Diseases
 - d. ___ HIV and AIDS
 - e. ___ Noninfectious Diseases
 - f. ___ Cancer
 - g. ___
- K. ___ Consumer Health
 - a. ___ Health care
 - b. ___ Community health
 - c. ___ Quackery
- L. ___ Environmental Health
 - a. ___ Air pollution
 - b. ___ Water pollution
 - c. ___ Land uses
- M. ___ Injury prevention and safety
 - a. ___ Safety at home
 - b. ___ Personal Safety
 - c. ___ Poisons
 - d. ___ First aid
 - e. ___ Emergency care
- N. ___ Body Systems
 - a. ___ Skeletal System
 - b. ___ Muscular System
 - c. ___ Nervous system
 - d. ___ Respiratory System
 - e. ___ Circulatory System
 - f. ___ Digestive System
 - g. ___ Urinary System
 - h. ___ Reproductive System
- O. ___ Careers in the health field
 - a. ___
 - b. ___
 - c. ___

Major

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Sub or Minor area

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____