

Answer Key

HPER 476S: Comprehensive Review/Exam - Health Education - MAYVILLE - 27904 - F25

Section 1 - Part 1 - Mental Health/Self Concept

Question 1

1 point

The best indicator of mental health is:

- ☐ (A) being normal
- ☐ (B) how a person looks
- ☒ (C) possessing a positive self-image
- ☐ (D) conforming to social demands

Correct answer

Question 2

1 point

People may be reluctant to seek mental health care because:

- ☐ (A) they don't want to reveal problems with others
- ☐ (B) they don't recognize they have problems
- ☐ (C) they fear the reactions of family and friends
- ☒ (D) all of the above

Correct answer

Question 3

1 point

A realistic person perceives the world:

- ☒ (A) as it is
- ☐ (B) as he or she wants it to be
- ☐ (C) as it should be
- ☐ (D) as he or she anticipates it to be in the future

Correct answer

Question 4

1 point

The core of the Freudian model is that:

- ☒ (A) human behavior is determined by unconscious motivators

Correct answer

- ☐ B defense mechanisms are unhealthy
- ☐ C one should reward desired behavior and punish the undesirable
- ☐ D medications can alleviate symptoms or mental illness

Question 5

1 point

Depression may be characterized by all of the following except:

- ☐ A depersonalization
- ☐ B loss of appetite
- ☒ C focusing on several tasks at once
- ☐ D loss of sexual drive

Correct answer

Question 6

1 point

Psychotic behavior is characterized by:

- ☒ A not being able to test perceptions against reality
- ☐ B obsessive and compulsive behavior
- ☐ C normal anxieties
- ☐ D behaviors that may also be labeled as neurotic

Correct answer

Question 7

1 point

Having a good self-image may best be described as:

- ☒ A a good feeling based on a realistic view of personal worth
- ☐ B being a person that others like to be around
- ☐ C knowing one can achieve anything through hard work
- ☐ D being able to focus on oneself regardless of the pressures of the everyday world

Correct answer

Question 8

1 point

Prolonged sadness or an absense of all feeling characterizes:

- ☒ A alienation

☐ B anxiety

☒ C depression

Correct answer

☐ D paranoia

Question 9

1 point

Which of the following is not an indicator that a person may be contemplating suicide?

☐ A expressing the wish to be dead

☐ B giving away many prized personal possessions

☒ C enrolling in a course on death education

Correct answer

☐ D social isolation

Question 10

1 point

Behavior therapy is the lable most accurately describing:

☐ A drug therapy

☐ B discovery of unconscious urges

☒ C learning new responses and changing old habits

Correct answer

☐ D uding intellectual abilities to solve behavior problems

Question 11

1 point

Those who specialize in the study of aging often make the point that

☐ A most people will end up in nursing homes

☐ B healthy adjustment to aging involves developing relationships only with older adults

☒ C if we have led a rich life in early adulthood, we have a good chance of finding richness in our later years

Correct answer

☐ D most people suffer from major psychological and physical problems after retirement

Question 12

1 point

Eustress is

☒ A stress in its positive form

Correct answer

- ☐ B stress only among adults
- ☐ C stress in its negative form
- ☐ D stress only among females

Question 13

1 point

Distress is

- ☐ A stress in its positive form
- ☐ B stress only among adults
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- ☐ D stress only among females

Correct answer

Question 14

1 point

Change in self-esteem

- ☐ A is easy to accomplish
- ☐ B rarely occurs after the fifth grade
- ☒ C takes place slowly, over a long period of time
- ☐ D takes place slowly, in about 10-15 weeks

Correct answer

Question 15

1 point

Phobias:

- ☐ A cause feelings of anxiety in the absence of physical symptoms
- ☐ B are easily controlled by anti-anxiety drugs but are exacerbated by antidepressant medications
- ☐ C occur with equal frequency among people of all ages
- ☒ D are unfounded fears of specific things

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Section 1 - Part 2 - Social Competency/Skills Decision Making

Question 1

1 point

All of the following are personal styles of dealing with conflict EXCEPT:

- ☐ (A) avoidance
- ☐ (B) accommodation
- ☐ (C) compromise
- ☐ (D) coagulation

Correct answer

Question 2

1 point

In order to function most effectively within the social context, one must be:

- ☐ (A) aggressive
- ☐ (B) assertive
- ☐ (C) passive
- ☐ (D) submissive

Correct answer

Question 3

1 point

Good friends are characterized by all of the following except:

- ☐ (A) always doing as asked
- ☐ (B) keeping confidences
- ☐ (C) loyalty
- ☐ (D) supportiveness

Correct answer

Question 4

1 point

Good decisions are most attributable to:

- ☐ (A) ones level of education

☐ B going with ones hunches or "gut" feeling

☐ C doing things to always help others

☒ D gathering all possible facts and carefully analyzing the data

Correct answer

Question 5

1 point

The most common and potent stressors are:

☒ A social relationships and changes in personal circumstances

Correct answer

☐ B the world economic situation

☐ C international instability and threats of war

☐ D high crime rates and fear of becoming a crime victim

Question 6

1 point

The most important contributor to personal health is:

☐ A ones environment

☐ B the health care one receives

☒ C ones personal behavior

Correct answer

☐ D ones heredity

Question 7

1 point

Women are at higher risk than men for developing which of the following disorder?

☐ A heart disease and breast cancer

☐ B osteoporosis and heart disease

☐ C heart disease and arthritis

☒ D ostroporosis and arthritis

Correct answer

Question 8

1 point

Generally speaking; people higher in socioeconomic have ____ health and lead ____ lives.

☒ A worse; shorter

☐ B better; shorter

☐ C worse; longer

☒ D better; longer

Correct answer

Question 9

1 point

The most reliable sources of medical information on the Internet are:

☐ A commercial websites selling health-related products

☐ B the websites of anti-medical establishment groups trying to keep the medical establishment honest

☒ C the websites of scientific journals subject to peer review

Correct answer

☐ D websites maintained by nonmedical government agencies

Question 10

1 point

The last step in the decision making process is

☐ A dealing with the crisis

☒ B evaluating the decision

Correct answer

☐ C making the decision

☐ D looking carefully at your resources

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Section 1 - Part 3 - Family Life Education

Question 1

1 point

Strong families tend to exhibit all of the following qualities except:

☐ (A) high incomes

Correct answer

☐ (B) commitment

☐ (C) good communication patterns

☐ (D) appreciation

Question 2

1 point

When compared to noncohabitating couples, couples who cohabit before marriage tend to have

☐ (A) more children

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Correct answer

☐ (D) fewer arguments

Question 3

1 point

A one child per family policy was instituted in

☐ (A) Israel

☐ (B) China

Correct answer

☐ (C) Russia

☐ (D) India

Question 4

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In some states, living together as a man and wife for a lengthy time without having a legal marriage ceremony is called

☐ (A) polygamy

☐ B communal living

☐ C swinging

☒ D common-law marriage

Correct answer

Question 5

1 point

Which of the following historical events is credited with removing much of the economic production from the family?

☐ A women's movement

☒ B industrial movement

Correct answer

☐ C Great Depression

☐ D Civil War

Question 6

1 point

Margaret Mead argued that jealousy records the degree of the lover's

☐ A caring

☐ B hatred

☐ C commitment

☒ D insecurity

Correct answer

Question 7

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Sexuality:

☐ A refers to the act of sexual intercourse

☐ B refers to a person's gender

☒ C encompasses the intellectual, emotional, social, spiritual, and physical parts of a person

Correct answer

☐ D has little to do with a person's self-esteem

Question 8

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Commitment to another person:

☒ A is a promise to take on a long-term obligation

- ☐ B has no guaranteed outcome
- ☐ C is made with the knowledge that all will not always go well

☒ D all of the above

Correct answer

- ☐ E a and b only

Question 9

1 point

School based sexuality education programs should

- ☐ A replace the role of the parents

☒ B supplement the role of the parents

Correct answer

- ☐ C replace the role of the religious teacher about sex

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Question 10

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What is the male cell that unites with a female egg to form a fertilized egg?

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Correct answer

☐ (B) self-disclosure

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☐ (D) knowing and liking yourself

Question 14

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Which of the following is not a recommended way to prevent a relationship from deteriorating?

☐ (A) spend focused time together and enhance communication skills

☐ (B) be helpful and tolerate differences

☐ (C) share power in the relationship and work together to solve problems

☒ (D) give it time and let the relationship improve on its own

Correct answer

Question 15

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A form of social organization in which the father or eldest male runs the group, family, or government is known as a/an:

☐ (A) matriarchy

☐ (B) chattel

☐ (C) androgynous society

☒ (D) patriarchy

Correct answer

Question 16

1 point

The most common reason given for a divorce today is:

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Correct answer

☐ spousal abuse

☐ lack of financial support

☐ drug or alcohol abuse

Question 17

1 point

Each of the following is a way to enhance your communication skills except:

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Question 18

1 point

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Correct answer

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Question 19

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Most children have achieved a firm gender identity as male or female by:

☐ A 1 year

☐ B 2 years

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Correct answer

☐ D 4 years

Question 21

1 point

The testes in males are most similar to the ____ in females.

☐ A breasts

☒ B Fallopian tubes

Correct answer

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Question 22

1 point

Sexual activity ____ is a matter of choice; sexual orientation ____ a matter of choice.

☐ A is not, is not

☒ B is; is not

Correct answer

☐ C is not; is

☐ D is; is

Question 23

1 point

Low levels of ____ can reduce sexual desire in both men and women.

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Correct answer

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Question 24

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Isabel wants to reduce her risk of breast cancer. One step she is taking is to begin regular self-examination of her breasts. To be effective, she should do this at least:

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Correct answer

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Section 2 - Part 1 - Disease Prevention

Question 1

1 point

Pathogens are best described as:

- ☐ (A) the immune system developed in the body
- ☐ (B) chemical substances manufactured in the human body
- ☐ (C) agents that help as well as injure human tissue
- ☒ (D) organisms that cause disease in humans

Correct answer

Question 2

1 point

Viruses differ from bacteria because:

- ☐ (A) viruses are plant-like organisms
- ☒ (B) they live in the host cell
- ☐ (C) they invade the surrounding tissue of the cell
- ☐ (D) they are responsible for developing poisonous enzymes

Correct answer

Question 3

1 point

Early treatment of bacterial infection is advised because:

- ☐ (A) treatment is inexpensive
- ☐ (B) bacterial infections respond to treatment slowly
- ☒ (C) minor infections often lead to major complication
- ☐ (D) infections are seldom eradicated without treatment

Correct answer

Question 4

1 point

All of the following are food-contaminating infections except:

- ☐ (A) salmonella

☐ B botulism

☐ C e-coli

☒ D tetanus

Correct answer

Question 5

1 point

Cancer is the:

☐ A organized and rapid multiplication of cells

☐ B multiplication of cells in a well-organized & orderly manner

☒ C uncontrollable multiplication of cells

Correct answer

☐ D interrupted multiplication of cells

Question 6

1 point

Chemicals that prevent growth of bacteria on the skin are ____.

☐ A disinfectants

☒ B antiseptics

Correct answer

☐ C antibiotics

☐ D antifungals

Question 7

1 point

____ causes the development of a chancre about three weeks after a person has sexual contact with an infected person.

☒ A syphilis

Correct answer

☐ B pubic lice

☐ C trichomoniasis

☐ D gonorrhea

Question 8

1 point

The AIDS virus is present in:

☒ A semen

Correct answer

- ☐ B vaginal secretions
- ☐ C saliva
- ☐ D all of the above
- ☐ E a and c only

Question 9

1 point

The receiving chambers of the heart are the ____, and the shipping chambers are the ____.

- ☐ A ventricles/atria
- ☐ B capillaries/ventricles
- ☐ C atria/capillaries

☒ D atria/ventricles

Correct answer

Question 10

1 point

One of the results of hypertension can be ____, the weakening and ballooning out of an artery wall, possibly to the bursting point.

- ☐ A thrombosis
- ☐ B stroke
- ☐ C embolism

☒ D aneurysm

Correct answer

Question 11

1 point

Smoking affects the cardiovascular system in all except which of the following ways?

☐ A elevates blood pressure

☒ B slows the heart rate

Correct answer

☐ C deprives the heart and other tissues of oxygen

☐ D increases the likelihood of clot formation

Question 12

1 point

Normal systolic blood pressure is ____; normal diastolic blood pressure is ____.

☐ A 100 to 140; 60 to 90

Correct answer

☐ B 60 to 90

☐ C 140 to 220; 115 to 155

☐ D 200 to 250; 100 to 150

Question 13

1 point

In the blood, cholesterol travels in particles called ____.

☐ A lipoproteins

Correct answer

☐ B collateral vessels

☐ C granulocytes

☐ D platelets

Question 14

1 point

When cancer cells migrate from one part of the body to another to start new growths, the cancer is said to have:

☐ A radiated

☐ B metastasized

Correct answer

☐ C palliated

☐ D replicated

Question 15

1 point

In addition to lung cancer, smoking is linked to increased incidence of:

☐ A cancer of the larynx

☐ B cancer of the esophagus

☐ C cancer of the urinary bladder

☐ D all of the above

Correct answer

☐ E a and b only

Question 16

1 point

Which of the following people would be most likely to get melanoma?

- ☐ (A) a dark-skinned person who sunbathes on weekends
- ☐ (B) a medium-skinned person who receives small, daily doses of sunlight
- ☒ (C) a fair-skinned person who received a single, blistering sunburn in the teen years
- ☐ (D) a dark-skinned person who works regularly outdoors

Correct answer

Question 17

1 point

Which of the following dietary factors is/are associated with high cancer risk?

- ☐ (A) high meat and fat consumption
- ☐ (B) low vegetable consumption
- ☐ (C) low grain consumption
- ☒ (D) all of the above

Correct answer

- ☐ (E) a and b only

Question 18

1 point

The most accurate detection method for breast cancer is:

- ☐ (A) a CT scan
- ☒ (B) a mammogram
- ☐ (C) a biopsy
- ☐ (D) thermography

Correct answer

Question 19

1 point

The HIV attacks the

- ☐ (A) respiratory system
- ☐ (B) circulatory system
- ☐ (C) digestive system

☒ D immune system

Correct answer

Question 20

1 point

In the United States the two most common measures for transmitting HIV are

- ☐ A sexual contact and droplets in the air
- ☐ B using contaminated needles to inject drugs and eating from the utensils of AIDS patients
- ☒ C using contaminated needles to inject drugs and sexual contact
- ☐ D using condoms and contaminated needles and utensils of AIDS patients

Correct answer

Section 2 - Part 1 - Disease Prevention

Question 1

1 point

Pathogens are best described as:

- ☐ (A) the immune system developed in the body
- ☐ (B) chemical substances manufactured in the human body
- ☐ (C) agents that help as well as injure human tissue
- ☐ (D) organisms that cause disease in humans

Question 2

1 point

Viruses differ from bacteria because:

- ☐ (A) viruses are plant-like organisms
- ☐ (B) they live in the host cell
- ☐ (C) they invade the surrounding tissue of the cell
- ☐ (D) they are responsible for developing poisonous enzymes

Question 3

1 point

Early treatment of bacterial infection is advised because:

- ☐ (A) treatment is inexpensive
- ☐ (B) bacterial infections respond to treatment slowly
- ☐ (C) minor infections often lead to major complication
- ☐ (D) infections are seldom eradicated without treatment

Question 4

1 point

All of the following are food-contaminating infections except:

- ☐ (A) salmonella
- ☐ (B) botulism

☐ e-coli

☐ tetanus

Question 5

1 point

Cancer is the:

☐ organized and rapid multiplication of cells

☐ multiplication of cells in a well-organized & orderly manner

☐ uncontrollable multiplication of cells

☐ interrupted multiplication of cells

Question 6

1 point

Chemicals that prevent growth of bacteria on the skin are ____.

☐ disinfectants

☐ antiseptics

☐ antibiotics

☐ antifungals

Question 7

1 point

____ causes the development of a chancre about three weeks after a person has sexual contact with an infected person.

☐ syphilis

☐ pubic lice

☐ trichomoniasis

☐ gonorrhea

Question 8

1 point

The AIDS virus is present in:

☐ semen

☐ vaginal secretions

- ☐ C saliva
- ☐ D all of the above
- ☐ E a and c only

Question 9

1 point

The receiving chambers of the heart are the ____, and the shipping chambers are the ____.

- ☐ A ventricles/atria
- ☐ B capillaries/ventricles
- ☐ C atria/capillaries
- ☐ D atria/ventricles

Question 10

1 point

One of the results of hypertension can be ____, the weakening and ballooning out of an artery wall, possibly to the bursting point.

- ☐ A thrombosis
- ☐ B stroke
- ☐ C embolism
- ☐ D aneurysm

Question 11

1 point

Smoking affects the cardiovascular system in all except which of the following ways?

- ☐ A elevates blood pressure
- ☐ B slows the heart rate
- ☐ C deprives the heart and other tissues of oxygen
- ☐ D increases the likelihood of clot formation

Question 12

1 point

Normal systolic blood pressure is ____; normal diastolic blood pressure is ____.

- ☐ A 100 to 140; 60 to 90

- ☐ B 60 to 90
- ☐ C 140 to 220; 115 to 155
- ☐ D 200 to 250; 100 to 150

Question 13

1 point

In the blood, cholesterol travels in particles called ____.

- ☐ A lipoproteins
- ☐ B collateral vessels
- ☐ C granulocytes
- ☐ D platelets

Question 14

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When cancer cells migrate from one part of the body to another to start new growths, the cancer is said to have:

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Answer Key

HPER 476S: Comprehensive Review/Exam - Health Education - MAYVILLE - 27904 - F25

Section 2 - Part 2 - Chemical Health Education

Question 1

1 point

To which class of drugs does alcohol belong?

- ☐ (A) stimulants
- ☒ (B) depressants
- ☐ (C) psychedelics
- ☐ (D) opiates

Correct answer

Question 2

1 point

Alcohol's influence on behavior depends mainly on:

- ☒ (A) the amount consumed
- ☐ (B) the setting
- ☐ (C) what it is mixed with
- ☐ (D) the person's expectations and mood

Correct answer

Question 3

1 point

The effect of alcohol consumption on sexual performance is most accurately characterized by:

- ☐ (A) increased sexual drive
- ☒ (B) reduced sexual inhibitions
- ☐ (C) stronger sexual responsiveness
- ☐ (D) easier attainment of orgasm

Correct answer

Question 4

1 point

People are most likely to become alcoholic if their drinking career commences:

- ☒ (A) in the teen years

Correct answer

- ☐ B as a result of stressful circumstances
- ☐ C after middle age
- ☐ D during a period of bereavement

Question 5

1 point

All of the following are categories of drugs except:

- ☐ A stimulants
- ☐ B opiates
- ☒ C endorphins
- ☐ D hallucinogens

Correct answer

Question 6

1 point

A common hazard associated with amphetamine abuse is:

- ☐ A weight gain
- ☐ B lethargy
- ☒ C stroke
- ☐ D atherosclerosis

Correct answer

Question 7

1 point

Amphetamines are more likely than caffeine to lead to a high degree of:

- ☐ A dependency
- ☐ B tolerance
- ☐ C withdrawal
- ☒ D all of the above

Correct answer

Question 8

1 point

Marijuana:

- ☒ A is inadequately researched

Correct answer

- ☐ B is associated with accidents less frequently than other intoxicating drugs
- ☐ C has high tolerance development
- ☐ D is likely to be addictive

Question 9

1 point

The active ingredient in marijuana is:

- ☐ A cannabis
- ☐ B hashish
- ☒ C THC
- ☐ D LSD

Correct answer

Question 10

1 point

The predominant "drug" in tobacco is:

- ☒ A nicotine
- ☐ B tar
- ☐ C carbon monoxide
- ☐ D carbon dioxide

Correct answer

Question 11

1 point

The carcinogenic ingredients in tobacco are in:

- ☒ A nicotine
- ☒ B carbon monoxide
- ☒ C tar
- ☒ D all of the above

Correct answer

Question 12

1 point

All of the following are common withdrawal symptoms for the alcoholic except:

- ☒ A increased appetite

Correct answer

- ☐ B "shakes"
- ☐ C seizures
- ☐ D hallucinations

Question 13

1 point

A form of cocaine that is derived from heating cocaine with ether, to separate its more potent components, and then smoke is:

- ☐ A powdered cocaine
- ☒ B crack cocaine
- ☐ C coca extract
- ☐ D freebase cocaine

Correct answer

Question 14

1 point

Chronic users of marijuana incur ____ cigarette smokers of developing lung cancer.

- ☐ A far less risk than
- ☐ B moderately less risk than
- ☐ C the same risk as
- ☒ D much greater risk than

Correct answer

Question 15

1 point

Anabolic steroids are used primarily:

- ☐ A as a street drug to "get high"
- ☐ B as an antianxiety agent and muscle relaxant
- ☐ C as an antidepressant drug for males
- ☒ D to foster muscle development

Correct answer

Question 16

1 point

Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and Cocaine Anonymous (CA) are all examples of:

- ☒ A therapeutic communities

☐ maintenance programs

☐ self-help groups

Correct answer

☐ detoxification programs

Question 17

1 point

The organ in your body that mainly metabolizes alcohol is your:

☐ stomach

☐ pancreas

☐ small intestine

☐ liver

Correct answer

Question 18

1 point

You encounter a friend who has suffered an alcohol overdose. You should do each of the following except:

☐ avoid giving the person any food or drink

Correct answer

☐ avoid inducing vomiting

☐ place the person on his or her back

☐ call a physician or local emergency number immediately

Question 19

1 point

Sheryl has had a drinking problem for years, and recently it has become much more severe. If she is ever going to recover from her alcoholism, what is the first step she must take?

☐ stop drinking

☐ get psychotherapy or counseling

☐ join a support group such as Alcoholics Anonymous

☐ recognize that her drinking is a problem

Correct answer

Question 20

1 point

When a smoker quits smoking, his or her excess of coronary heart disease is cut in half within:

☐ 1 year

Correct answer

- ☐ B 3 to 5 years
- ☐ C 5 to 10 years
- ☐ D 10 to 15 years

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Answer Key

HPER 476S: Comprehensive Review/Exam - Health Education - MAYVILLE - 27904 - F25

Section 2 - Part 3 - Personal & Consumer Health

Question 1

1 point

Which of the following is a prerequisite to effective self-management of health care?

- ☐ (A) having a positive attitude
- ☐ (B) making healthful lifestyle choices on a day-to-day basis
- ☐ (C) working to improve the physical, social, and economic forces that support the development of our health potential

☒ (D) all of the above

Correct answer

Question 2

1 point

Understanding ones own symptoms:

- ☐ (A) helps reduce anxiety
- ☐ (B) facilitates the practice of safe self-care
- ☐ (C) prepares patients to seek professional care in a timely manner

☒ (D) all of the above

Correct answer

Question 3

1 point

The least valuable source of information about medications is:

- ☐ (A) a package insert
- ☐ (B) a pamphlet

☒ (C) advertising

Correct answer

☐ (D) a book

Question 4

1 point

All of the following types of physicians are probably good choices as primary physicians except:

- ☒ (A) family practitioners

☐ B pediatricians

☐ C internal medicine physicians

☒ D dermatologists

Correct answer

Question 5

1 point

Health insurance for the poor, in the United States, is provided by:

☐ A medigap insurance

☒ B Medicaid

Correct answer

☐ C Medicare, Part A

☐ D Medicare, Part B

Question 6

1 point

Probably the "best buy" in health insurance is:

☐ A mail order insurance

☐ B dread disease insurance

☒ C group insurance

Correct answer

☐ D individual insurance

Question 7

1 point

Appropriate stress management techniques include all the following except:

☐ A engaging in exercise

☐ B getting proper rest

☐ C practicing relaxation techniques

☒ D having an alcoholic drink to unwind

Correct answer

Question 8

1 point

A publication that contains reports of scientific experiments that have been reviewed by experts in the field is called a/an:

☒ A review article

Correct answer

- ☐ B randomized journal
- ☐ C indexed publication
- ☐ D refereed journal

Question 9

1 point

Insurance to replace lost income if a person should suffer a long illness is called:

- ☐ A extended insurance
- ☒ B disability insurance
- ☐ C major medical insurance
- ☐ D supplemental insurance

Correct answer

Question 10

1 point

The classroom teacher should perform all but which one of the following?

- ☐ A student observation
- ☐ B referral
- ☒ C diagnosis of condition
- ☐ D gathering of information

Correct answer

Question 11

1 point

The colored part of the eye is the

- ☒ A iris
- ☐ B cornea
- ☐ C pupil
- ☐ D sclera

Correct answer

Question 12

1 point

A student with conjunctivitis should

- ☒ A be permitted to attend school

☒ B stay home and be isolated from other students

Correct answer

☐ C attend school when given permission by the parents

☐ D drink additional amounts of water

Question 13

1 point

The cause of attention-deficit hyperactivity disorder is

☐ A a virus

☒ B often unknown

Correct answer

☐ C genetic

☐ D related to chronic bronchitis

Question 14

1 point

The most prevalent type of lice found on school-age children is

☐ A pubic lice

☐ B body lice

☐ C foot lice

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Correct answer

Question 15

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Gingivitis is an inflammation of the

☐ A root of the tooth

☐ B crown of the tooth

☐ C arms and legs

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Correct answer

Question 16

1 point

Asthmatic children should

☒ A participate in all school functions including physical education

Correct answer

- ☐ B participate in all school functions except band
- ☐ C have limited school participation
- ☐ D participate in all school functions except physical education

Question 17

1 point

Range of motion at a specific joint is

- ☐ A aerobic endurance
- ☐ B muscular strength
- ☐ C body composition

☒ D flexibility

Correct answer

Question 18

1 point

Push-ups help develop the

☐ A deltoids and leg muscles

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Correct answer

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The triceps skinfold is performed by measuring the

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☐ B interior of the leg between the knee & the ankle

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Answer Key

HPER 476S: Comprehensive Review/Exam - Health Education - MAYVILLE - 27904 - F25

Section 2 - Part 4 - Community & Environment

Question 1

1 point

Major sources of air pollution include all except:

- ☐ (A) oil, and gasoline burned to run cars
- ☐ (B) oil, coal, and natural gas burned to generate electricity
- ☐ (C) forest fires and volcanoes
- ☒ (D) burning of city's solid wastes for disposal

Correct answer

Question 2

1 point

The ____ protects living things from the harmful effects of the sun's harmful ultraviolet radiation.

- ☐ (A) stratosphere
- ☐ (B) greenhouse effect
- ☐ (C) atmosphere
- ☒ (D) ozone layer

Correct answer

Question 3

1 point

A form of air pollution that arises when sunlight strikes certain compounds in the air is:

- ☐ (A) acid rain
- ☒ (B) smog
- ☐ (C) thermal inversion
- ☐ (D) eutrophication

Correct answer

Question 4

1 point

People who jog near heavy traffic might be exposed to dangerous levels of:

- ☒ (A) photochemical oxidants

☒ carbon monoxide

Correct answer

☐ ozone

☐ sulfur oxides

Question 5

1 point

Positive ways of handling garbage include all except:

☐ recycling

☐ composting

☒ burning

Correct answer

☐ source reduction

Question 6

1 point

Which of the following statements is/are true?

☐ Lead toxicity is more common in children than adults.

☐ Lead is the nation's most significant contaminant in drinking water.

☐ Source reduction is reducing the amount of lead in the environment.

☒ All of the above.

Correct answer

Question 7

1 point

The problem to which other major environmental hazards are tied, and that poses the biggest threat to the earth is:

☒ global warming

Correct answer

☐ the destruction of the ozone

☐ the world's exploding population

☐ the accumulation of toxic waste

Question 8

1 point

What population is particularly at risk for exposure to smog conditions?

☐ Native Americans and African-American males

☐ B individuals with chronic respiratory conditions and Hispanics

☐ C pre-school children and women of child bearing age

☒ D senior citizens and individuals with chronic respiratory conditions

Correct answer

Question 9

1 point

Trees

☒ A use carbon dioxide from the atmosphere and give off oxygen into the air

Correct answer

☐ B use oxygen and give off lead into the atmosphere

☐ C use photosynthesis and give off carbon dioxide into the air

☐ D use nitrogen from the atmosphere and give off carbon dioxide into the air

Question 10

1 point

Plastics

☐ A can not be recycled

☒ B are not biodegradable, but can be recycled

Correct answer

☐ C are biodegradable, and can by recycled

☐ D are not biodegradable nor can they easily be recycled

Question 11

1 point

Solid wastes for the most part

☒ A do not have a major effect on human health

Correct answer

☐ B cause emphysema and a variety of skin diseases

☐ C have an effect upon senior citizens

☐ D cause childhood communicable diseases

Question 12

1 point

Lead poisoning in the home is predominantly a problem found in

☒ A southern communities near bodies of salt water

☐ rural communities among dairy farms

☒ inner city areas with older, usually blighted, neighborhoods

Correct answer

☐ suburban communities with newer, fuel efficient homes

Question 13

1 point

The number one environmental health problem facing American children is:

☐ exposure to radon gas

☐ pesticide exposure

☒ lead poisoning

Correct answer

☐ noise pollution

Question 14

1 point

Herbicides, insecticides, and fungicides are examples of ___ pesticides.

☐ genetic

☐ synthetic

☐ natural

☒ inorganic

Correct answer

Question 15

1 point

Most household pesticides have ___ toxicity.

☐ no

☐ low

☐ moderate

☒ high

Correct answer

Question 16

1 point

Radar, radio and television transmitters, and some ovens all function through the use of:

☐ ionizing radiation

- ☐ B ultraviolet rays
- ☐ C thermal radiation
- ☒ D microwaves

Correct answer

Question 17

1 point

Most pollution is caused by:

- ☐ A volcanic eruptions
- ☐ B nonvolcanic natural disasters
- ☐ C natural death and decay in the environment
- ☒ D human activity

Correct answer

Question 18

1 point

A colorless, odorless, flammable poisonous gas produced from the incomplete combustion of fuels, wood, solid trash, and tobacco smoke is:

- ☒ A carbon monoxide
- ☐ B sulfur dioxide
- ☐ C carbon dioxide
- ☐ D nitrogen dioxide

Correct answer

Question 19

1 point

The rise in global atmospheric temperatures due to a buildup of heat-trapping gases produced by the burning of fossil fuels is called the:

- ☐ A "hot stove" rule
- ☐ B doomsday scenario
- ☐ C homeostatic principle
- ☒ D greenhouse effect

Correct answer

Question 20

1 point

The rise in atmospheric temperatures worldwide is called:

- ☒ A the synergy principle

☒ B global warming

Correct answer

☐ C variable temperature oscillation

☐ D the homeostatic principle

Section 2 - Part 4 - Community & Environment

Question 1

1 point

Major sources of air pollution include all except:

- ☐ (A) oil, and gasoline burned to run cars
- ☐ (B) oil, coal, and natural gas burned to generate electricity
- ☐ (C) forest fires and volcanoes
- ☐ (D) burning of city's solid wastes for disposal

Question 2

1 point

The ____ protects living things from the harmful effects of the sun's harmful ultraviolet radiation.

- ☐ (A) stratosphere
- ☐ (B) greenhouse effect
- ☐ (C) atmosphere
- ☐ (D) ozone layer

Question 3

1 point

A form of air pollution that arises when sunlight strikes certain compounds in the air is:

- ☐ (A) acid rain
- ☐ (B) smog
- ☐ (C) thermal inversion
- ☐ (D) eutrophication

Question 4

1 point

People who jog near heavy traffic might be exposed to dangerous levels of:

- ☐ (A) photochemical oxidants
- ☐ (B) carbon monoxide

- ☐ C ozone
- ☐ D sulfur oxides

Question 5

1 point

Positive ways of handling garbage include all except:

- ☐ A recycling
- ☐ B composting
- ☐ C burning
- ☐ D source reduction

Question 6

1 point

Which of the following statements is/are true?

- ☐ A Lead toxicity is more common in children than adults.
- ☐ B Lead is the nation's most significant contaminant in drinking water.
- ☐ C Source reduction is reducing the amount of lead in the environment.
- ☐ D All of the above.

Question 7

1 point

The problem to which other major environmental hazards are tied, and that poses the biggest threat to the earth is:

- ☐ A global warming
- ☐ B the destruction of the ozone
- ☐ C the world's exploding population
- ☐ D the accumulation of toxic waste

Question 8

1 point

What population is particularly at risk for exposure to smog conditions?

- ☐ A Native Americans and African-American males
- ☐ B individuals with chronic respiratory conditions and Hispanics

- ☐ C pre-school children and women of child bearing age
- ☐ D senior citizens and individuals with chronic respiratory conditions

Question 9

1 point

Trees

- ☐ A use carbon dioxide from the atmosphere and give off oxygen into the air
- ☐ B use oxygen and give off lead into the atmosphere
- ☐ C use photosynthesis and give off carbon dioxide into the air
- ☐ D use nitrogen from the atmosphere and give off carbon dioxide into the air

Question 10

1 point

Plastics

- ☐ A can not be recycled
- ☐ B are not biodegradable, but can be recycled
- ☐ C are biodegradable, and can by recycled
- ☐ D are not biodegradable nor can they easily be recycled

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Ⓒ variable temperature oscillation

Ⓓ the homeostatic principle

Answer Key

HPER 476S: Comprehensive Review/Exam - Health Education - MAYVILLE - 27904 - F25

Section 3 - Part 1 - Nutrition

Question 1

1 point

What is the primary source of fuel for the brain?

- ☐ A Proteins
- ☐ B Fats
- ☐ C Vitamins
- ☒ D Carbohydrates

Correct answer

Question 2

1 point

The _____ is the standard used to estimate the daily nutrient needs of half of all healthy people.

- ☒ A Estimated Average Requirement (EAR)
- ☐ B Adequate Intake (AI)
- ☐ C Recommended Dietary Allowance (RDA)
- ☐ D Tolerable Upper Intake Level (UL)

Correct answer

Question 3

1 point

The four characteristics of a healthful diet are adequacy, balance, moderation, and _____ .

- ☐ A Calories
- ☐ B Color
- ☐ C Value
- ☒ D Variety
- ☐ E None of the above

Correct answer

Question 4

1 point

The macronutrients are

- ☒ (A) carbohydrates, fats, and proteins
- ☐ (B) vitamins, fats, and minerals
- ☐ (C) minerals, water, and carbohydrates
- ☐ (D) fats, water, and minerals

Correct answer

Question 5

1 point

The micronutrients are

- ☐ (A) vitamins, fats, and water
- ☒ (B) minerals, water, and vitamins
- ☐ (C) water, carbohydrates, and protein
- ☐ (D) fats, minerals, and protein

Correct answer

Question 6

1 point

Which contain the most calories per gram?

- ☐ (A) proteins
- ☐ (B) carbohydrates
- ☐ (C) water
- ☒ (D) fats

Correct answer

Question 7

1 point

Milk is a good source of calcium but a poor source of iron. Meat is a good source of iron but a poor source of calcium. Individuals who eat from both of these food groups are incorporating what characteristics of a healthy diet into their meal plan?

- ☐ (A) Moderation
- ☒ (B) Balance
- ☐ (C) Variety
- ☐ (D) Freshness

Correct answer

Question 8

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Including fiber in your diet is beneficial to your GI tract, but consuming excess amounts of fiber can result in the loss of nutrients. This statement is an example of which of the factors to consider in planning diets?

- ☐ A U.S. Department of Agriculture (USDA)
- ☐ B Centers for Disease Control & Prevention (CDC)
- ☒ C U.S. Food & Drug Administration (FDA)
- ☐ D U.S. Department of Health & Human Services (USDHHS)

Correct answer

Question 9

1 point

Where in the body does the MAJORITY of the digestion & absorption of food occur?

- ☐ A Mouth
- ☐ B Stomach
- ☒ C Small Intestines
- ☐ D Large Intestines

Correct answer

Question 10

1 point

The main function of proteins is to

- ☐ A carry oxygen to the lungs
- ☒ B aid in the growth and repair of body tissue
- ☐ C supply protection against HDLs
- ☐ D override the LDLs

Correct answer

Question 11

1 point

In the body proteins are broken into

- ☐ A diastolic acid
- ☐ B carbolic acid
- ☒ C amino acids
- ☐ D citric acids

Correct answer

Question 12

1 point

What is the major monosaccharide found in the body?

- ☐ A Fructose
- ☐ B Galactose
- ☒ C Glucose
- ☐ D Glycogen

Correct answer

Question 13

1 point

Of the 20 amino acids relevant to the human body, how many are considered nonessential?

- ☐ A 9
- ☒ B 11
- ☐ C 20
- ☐ D None, they are all essential

Correct answer

Question 14

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Which of the following hormones is released when your blood sugar is too high?

- ☐ A Estrogen
- ☐ B Glucagon
- ☐ C Testosterone
- ☒ D Insulin

Correct answer

Question 15

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Diets high in sodium are associated with _____

- ☐ A Breast Cancer
- ☒ B High Blood Pressure
- ☐ C Low Blood Pressure
- ☐ D Diabetes

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An "apple-shaped" fat pattern increases a person's risk for _____ disease.

- ☐ A Liver
- ☐ B Stomach
- ☐ C Gallbladder
- ☐ D Heart

Correct answer

Question 17

1 point

Creatine Phosphate (CP) stores energy that can be used to generate _____ .

- ☐ A ATP
- ☐ B HGH
- ☐ C BCG
- ☐ D MMR

Correct answer

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Which nutrient helps to protect against the development of osteoporosis?

- ☐ A calcium
- ☐ B sodium
- ☐ C zinc
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Which of the following is a diuretic?

- ☐ A Milk
- ☐ B Water
- ☐ C Alcohol
- ☐ D Orange Juice

Correct answer

Question 20

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How do proteins differ from carbohydrates & fats?

- ☐ (A) Proteins are not synthesized according to instructions from DNA
- ☐ (B) Proteins do not provide any energy to the body
- ☒ (C) Proteins contain nitrogen
- ☐ (D) The building blocks of proteins are fatty acids

Correct answer

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Answer Key

HPER 476S: Comprehensive Review/Exam - Health Education - MAYVILLE - 27904 - F25

Section 3 - Part 2 - Safety & First Aid

Question 1

1 point

The leading cause of accidental death in the United States is

- ☐ (A) falls
- ☐ (B) drowning
- ☒ (C) motor vehicle collisions
- ☐ (D) fires

Correct answer

Question 2

1 point

In most states the BAC level for being considered intoxicated is

- ☐ (A) 0.95
- ☐ (B) 0.08
- ☒ (C) 0.10
- ☐ (D) 0.15

Correct answer

Question 3

1 point

What percentage of boat fatalities are associated with the use of alcohol?

- ☐ (A) ten percent
- ☐ (B) twenty-five percent
- ☐ (C) one-third of all fatalities
- ☒ (D) half of all fatalities

Correct answer

Question 4

1 point

For a fire to occur there must be what elements?

- ☒ (A) oxygen, heat, and fuel

Correct answer

- ☐ carbon monoxide, fuel, and dioxin
- ☐ heat, coal, and carbon dioxide
- ☐ oxygen, heat, and mercury

Question 5

1 point

Most fatalities resulting from fires occur

- ☐ in barns
- ☐ in the garage
- ☒ in the home
- ☐ in motor vehicles

Correct answer

Question 6

1 point

Which population is at greatest risk for fatalities from falls?

- ☐ adolescents and adults
- ☒ children and senior citizens
- ☐ adult males and teen-age girls
- ☐ senior citizens and adolescents

Correct answer

Question 7

1 point

Most firearm fatalities among elementary school-age children result from

- ☐ hunting accidents
- ☐ protecting themselves against gangs
- ☒ playing with guns
- ☐ drug dealing

Correct answer

Question 8

1 point

Most fatalities involving bicycle accidents result from injury to the

- ☒ legs

- ☐ arms
- ☐ abdominal area of the body

☒ head

Correct answer

Question 9

1 point

A majority of pedestrian fatalities occur

- ☐ on country roads
- ☐ on interstate highways

☒ in urban settings

Correct answer

☐ in and around mall parking facilities

Question 10

1 point

Each child riding a school bus must be provided with a

- ☐ foot rest
- ☐ seat belt
- ☐ air bag

☒ seat

Correct answer

Question 11

1 point

Why should you do a primary survey?

- ☐ to find out if the victim has any past medical problems
- ☐ to find out if the victim has any broken bones
- ☐ to find out if the scene is safe

☒ to find immediate life-threatening problems

Correct answer

Question 12

1 point

A friend suddenly starts to choke while eating dinner. He is conscious but is coughing weakly and is making a high-pitched sound. What should you do?

- ☒ Do not interfere and encourage him to continue coughing

☒ B Ask "Are you choking?" and give abdominal thrusts

Correct answer

☐ C Do a finger sweep

☐ D Slap him on the back until he stops coughing

Question 13

1 point

How should you open the airway of an unconscious victim?

☐ A Tilt the head back and lift the neck

☒ B Tilt the head back and lift the chin

Correct answer

☐ C Tilt the head back and push down on the chin

☐ D Do a finger sweep and then 6-10 abdominal thrusts

Question 14

1 point

When should you do rescue breathing instead of CPR?

☐ A When someone complains of shortness of breath

☐ B When someone isn't breathing and doesn't have a pulse

☒ C When someone isn't breathing but has a pulse

Correct answer

☐ D When someone collapses after moderate exercise

Question 15

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In a life-threatening emergency, when should you call EMS?

☐ A After you interview the victim

☒ B As soon as you check for unresponsiveness

Correct answer

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Question 16

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Which of the following victims needs CPR?

☒ A someone whose heart has stopped beating

Correct answer

- ☐ B someone who is having a heart attack
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- ☐ D All of the above

Question 17

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How should you place your hands when doing abdominal thrusts?

- ☐ A To either the left or the right of the navel
- ☐ B in the middle of the breastbone
- ☒ C on the middle of the abdomen, just above the navel and well below the lower tip of the breastbone
- ☐ D on the notch where the rib meets the breastbone, in the center of the chest

Correct answer

Question 18

1 point

The steps of an adult CPR cycle are--

- ☐ A A finger sweep and 2 breaths
- ☐ B 5 chest compressions and 10 breaths
- ☒ C 30 chest compressions and 2 breaths
- ☐ D 15 abdominal thrusts and 2 breaths

Correct answer

Question 19

1 point

You have tried to control a victim's bleeding with direct pressure and elevation, but the bleeding does not stop. Where would you apply pressure to slow the flow of blood to a wound on the forearm?

- ☐ A Outside the arm midway between the shoulder and elbow
- ☐ B On the inside of the elbow
- ☒ C Inside of the arm midway between the shoulder and elbow
- ☐ D Any of the above will slow the flow of blood

Correct answer

Question 20

1 point

What should be your first concern at a scene where a person has been seriously burned?

- ☒ A Checking the scene safely

Correct answer

- ☐ B Checking the victim's breathing and pulse
- ☐ C Calling your local emergency phone number
- ☐ D Cooling the burned area

Question 21

1 point

If a co-worker is sweating and nauseated and complains of chest pain, what should you do next?

- ☐ A Have someone call EMS
- ☐ B Have the victim stop working and sit or lie down in a comfortable position
- ☐ C Recognize that chest pains, sweating, and nausea may indicate a heart attack
- ☐ D All of the above

Correct answer

Question 22

1 point

Which would you do when caring for a seizure victim?

- ☐ A Remove nearby objects that might cause injury
- ☐ B Place a small object, such as a rolled-up piece of cloth, between the victim's teeth
- ☐ C Try to hold the person still
- ☐ D All of the above

Correct answer

Question 23

1 point

Which is the appropriate position for a victim who is showing the signals of shock as a result of the injuries to the head or neck?

- ☐ A Legs elevated about 24 inches
- ☐ B Head and shoulders elevated about 12 inches
- ☐ C Lying flat on the back
- ☐ D On one side with head slightly elevated

Correct answer

Question 24

1 point

Which of the following is a medical emergency and an ambulance is necessary?

- ☐ A Dislocated patella or finger

☐ B Avulsed tooth

☐ C Wrist fracture

☒ D Dislocated knee or elbow

Correct answer

Question 25

1 point

Standard care is defined as:

☐ A Committing an act that is not your responsibility to perform

☒ B Committing an act that another minimally competent professional would do in the same circumstance

Correct answer

☐ C Committing an act that is your responsibility to perform, but you use the wrong procedure

☐ D Failing to perform your legal duty of care

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☐ A To either the left or the right of the navel

☐ B in the middle of the breastbone

☐ C on the middle of the abdomen, just above the navel and well below the lower tip of the breastbone

☐ D on the notch where the rib meets the breastbone, in the center of the chest

Question 18

1 point

The steps of an adult CPR cycle are--

☐ A A finger sweep and 2 breaths

☐ B 5 chest compressions and 10 breaths

☐ C 30 chest compressions and 2 breaths

☐ D 15 abdominal thrusts and 2 breaths

Question 19

1 point

You have tried to control a victim's bleeding with direct pressure and elevation, but the bleeding does not stop. Where would you apply pressure to slow the flow of blood to a wound on the forearm?

☐ A Outside the arm midway between the shoulder and elbow

☐ B On the inside of the elbow

☐ C Inside of the arm midway between the shoulder and elbow

☐ D Any of the above will slow the flow of blood

Question 20

1 point

What should be your first concern at a scene where a person has been seriously burned?

☐ A Checking the scene safely

☐ B Checking the victim's breathing and pulse

☐ C Calling your local emergency phone number

☐ D Cooling the burned area

Question 21

1 point

If a co-worker is sweating and nauseated and complains of chest pain, what should you do next?

☐ A Have someone call EMS

☐ B Have the victim stop working and sit or lie down in a comfortable position

☐ C Recognize that chest pains, sweating, and nausea may indicate a heart attack

☐ D All of the above

Question 22

1 point

Which would you do when caring for a seizure victim?

☐ A Remove nearby objects that might cause injury

☐ B Place a small object, such as a rolled-up piece of cloth, between the victim's teeth

☐ C Try to hold the person still

☐ D All of the above

Question 23

1 point

Which is the appropriate position for a victim who is showing the signals of shock as a result of the injuries to the head or neck?

☐ A Legs elevated about 24 inches

☐ B Head and shoulders elevated about 12 inches

☐ C Lying flat on the back

☐ D On one side with head slightly elevated

Question 24

1 point

Which of the following is a medical emergency and an ambulance is necessary?

☐ A Dislocated patella or finger

☐ B Avulsed tooth

- ☐ C Wrist fracture
- ☐ D Dislocated knee or elbow

Question 25

1 point

Standard care is defined as:

- ☐ A Committing an act that is not your responsibility to perform
- ☐ B Committing an act that another minimally competent professional would do in the same circumstance
- ☐ C Committing an act that is your responsibility to perform, but you use the wrong procedure
- ☐ D Failing to perform your legal duty of care

Answer Key

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Section 3 - Part 3 - Physical Health

Question 1

1 point

More deaths in the U.S. result from ___ than any other cause.

- ☐ (A) AIDS
- ☐ (B) cancer
- ☐ (C) violence
- ☐ (D) cardiovascular disease

Correct answer

Question 2

1 point

Jim wants to condition his heart and lungs through regular exercise. To have any significant impact on his heart and lungs, he needs to exercise vigorously for-or more than at least three or four times a week.

- ☐ (A) 20 minutes
- ☐ (B) 40 minutes
- ☐ (C) an hour
- ☐ (D) 2 hours

Correct answer

Question 3

1 point

Regular exercise may boost the ___, the body's system defense for identifying and eradicating invading bacteria and viruses, as well as diseased, mutated worn-out cells.

- ☐ (A) endocrine system
- ☐ (B) cardiovascular system
- ☐ (C) immune system
- ☐ (D) cardiorespiratory system

Correct answer

Question 4

1 point

Insulin is a hormone produced by the:

- ☐ (A) pancreas

Correct answer

- ☐ liver
- ☐ adrenal glands
- ☐ kidneys

Question 5

1 point

Regular muscle strengthening exercise appears to do each of the following except:

- ☒ lower HDL cholesterol levels in the blood
- ☐ help strengthen bones as well as muscles
- ☐ help prevent lower back problems
- ☐ improve mobility and lower the risk of injury

Correct answer

Question 6

1 point

Endorphins are most similar in their action to:

- ☒ morphine
- ☐ caffeine
- ☐ alcohol
- ☐ mescaline

Correct answer

Question 7

1 point

Regular, moderate physical activity ____ make you aerobically fit, and reduce your risk of health problems such as CHD and hypertension.

- ☐ may not; cannot
- ☐ will definitely; cannot
- ☒ may not; can
- ☐ will definitely; can

Correct answer

Question 8

1 point

Vigorous physical activity requiring sustained elevation in oxygen utilization is called:

- ☒ isometric exercise

☒ B aerobic exercise

Correct answer

☐ C static stretching

☐ D anaerobic exercise

Question 9

1 point

Short bursts of intense muscle activity not requiring sustained elevation in oxygen utilization, typically interspersed between periods of relative inactivity, are called:

☐ A isometric exercises

☐ B aerobic exercises

☐ C static stretches

☒ D anaerobic exercises

Correct answer

Question 10

1 point

When you engage in resistance training involving repeated muscle contraction against an opposing force of a free weight, the maximum amount of force you are able to exert in one repetition is called:

☒ A the repetition maximum

Correct answer

☐ B muscle strength

☐ C ballistic stretching

☐ D VO2 max

Question 11

1 point

As a part of Carl's exercise program to increase his arm strength, he lifts barbells, usually using a moderate amount of weight, about 15 times in a row. Carl is now engaging in what is called:

☐ A isokinetic exercises

☒ B isotonic exercises

Correct answer

☐ C aerobic exercises

☐ D isometric exercises

Question 12

1 point

The ability of the joints to move through their entire range of motion without undue stress is called

☐ A strength

☒ flexibility

Correct answer

☐ endurance

☐ hypertrophy

Question 13

1 point

Health-related characteristics of fitness include all except:

☐ flexibility

☐ muscle strength

☒ agility

Correct answer

☐ muscular endurance

Question 14

1 point

To improve fitness by using the overload principle, a person could do all except:

☐ exercise more often.

☒ perform the same exercise routine everyday.

Correct answer

☐ exercise for longer periods of time.

☐ exercise more strenuously.

Question 15

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When a person stops using a muscle for a period of time due to injury, illness, or neglect, the muscle will:

☐ hypertrophy.

☐ overload.

☒ atrophy.

Correct answer

☐ turn to fat.

Question 16

1 point

The notion that muscle strength develops in response to demand and diminishes in response to lack of demand is called the

☒ use-disuse principle.

Correct answer

- ☐ B conditioning principle.
- ☐ C overload principle.
- ☐ D hypertrophy-atrophy principle.

Question 17

1 point

Fast-twitch muscle fibers:

- ☐ A are well suited for activities like sprinting.
- ☐ B are well suited for high-intensity, short-duration exercise.
- ☐ C burn mostly glucose.

☐ D all of the above.

Correct answer

☐ E none of the above.

Question 18

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___ occurs when people exercise so hard they cannot deliver oxygen to their muscles fast enough.

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Correct answer

☐ B Aerobic burnout

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A simple strategy for an exercise warm-up is to:

- ☐ A take a hot shower.
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Which of the following statements about flexibility is false?

☐ A it depends on the elasticity of muscles, tendons, and ligaments

☐ B it depends on the condition of the joints

☒ C it can not be attained by people who lift weights because they become muscle bound

Correct answer

☐ D it can help prevent injuries from falls

☐ E it improves in response to stretching

Question 21

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A weight training program can be good for:

☐ A men only; women tend to get too bulky

☐ B only people under 40 years of age

☒ C anyone who wants to build strength

Correct answer

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Side effects of steroid drugs include all except:

☐ A increased risk of heart disease

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The component of fitness most important to health and life is:

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Correct answer

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☐ C agility

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☐ E none of the above

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Target heart rate is:

- ☐ A a person's desired resting heart rate.
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The maximum heart rate for a 60 year old man who is six feet tall and weighs 80 pounds is

- ☐ A 220
- ☐ B 120
- ☐ C 200
- ☒ D 160

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