

FRESHMAN HEALTH CRT STUDY GUIDE

UNIT 1 PACKET – INTRODUCTION TO HEALTH

1. How can a person maintain quality of life? (pg. 2)
 - a. Healthy nutritional habits to maintain healthy body weight
 - b. Regular physical activity and adequate sleep
 - c. Avoidance of alcohol, tobacco and other drug abuse
 - d. All the above are ways a person can maintain a quality of life
2. Your body must be well nourished in order to achieve _____.(pg. 4)
 - a. Illness
 - b. Wellness
 - c. Success
 - d. failure
3. _____ can strengthen the body's resistance to bacteria and viruses.
 - a. Diet and exercise
 - b. Hand sanitizer
 - c. Pigging out on junk food
 - d. Not taking care of yourself
4. Self-esteem _____ between childhood and adolescents.(pg. 38)
 - a. Increases
 - b. Decreases
 - c. Stays the same
 - d. Doesn't affect individuals
5. Which of the following are components of health? (pg. 3)
 - a. Physical health
 - b. Mental health
 - c. Social health
 - d. All are components of health
6. Bulimia is characterized by _____ and _____.(pg. 92)
 - a. Binging only
 - b. Purging only
 - c. Binging and purging
 - d. Fasting
7. A person who starves themselves is suffering from _____.(pg. 90)
 - a. Bulimia
 - b. Anorexia
 - c. Binge eating
 - d. None of the above
8. Your behaviors, attitudes and feelings define your _____.(pg. 30)
 - a. Personality
 - b. Body image
 - c. Body fat
 - d. Fitness level
9. What should you do if a friend is thinking about or has threatened suicide? (pg. 98)
 - a. Tell someone
 - b. Listen to what they are saying, do not take it as a joke
 - c. Trust your feelings
 - d. All of the above are things you should do if you have a friend that has threatened suicide
10. People that are comfortable with themselves and others are considered to be: (pg. 3)
 - a. Mentally healthy
 - b. Mentally unstable
 - c. Socially unstable
 - d. depressed
11. Which of the following is NOT an effective way to deal with stress? (pg. 71-73)
 - a. Find a quiet place to relax and reflect
 - b. Talk about it with a friend
 - c. Take out your stress on a friend by yelling at them
 - d. Find a healthy way to relieve your stress by exercising, reading, or shopping
12. Feeling sad or hopeless for months is defined as _____.(pg. 94)
 - a. Clinical depression
 - b. Enthusiasm
 - c. Bad mood
 - d. Wellness

Americans Final Exam Study Guide

Jianjun Gao



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Learning Packages in American Education Philip G. Kapfer, Miriam B. Kapfer, 1972 **Teaching Gender and Sex in Contemporary America** Kristin Haltinner, RYANNE PILGERAM, 2016-04-28 This book provides innovative pedagogy theory and strategies for college and university professors who seek effective methods and materials for teaching about gender and sex to today's students. It provides thoughtful reflections on the new struggles and opportunities instructors face in teaching gender and sex during what has been called the post feminist era. Building off its predecessor *Teaching Race and Anti Racism in Contemporary America* this book offers complementary classroom exercises for teachers that foster active and collaborative learning. Through reflecting on the gendered dimensions of the current political economic and cultural climate as well as presenting novel lesson plans and classroom activities *Teaching Gender and Sex in Contemporary America* is a valuable resource for educators.

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 - Chapter 4: Americans Final Exam Study Guide in Specific Contexts
 - Chapter 5: Conclusion
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