

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

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RJ Alexander



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web may 5 2016 if the ecm detects a problem such as an unexpected increase or decrease in fuel pressure or excessive or insufficient fuel pressure that is higher or lower than commanded it will set diagnostic trouble code dtc dtc p0089 fuel pressure regulator performance and illuminate the malfunction indicator lamp mil

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web possible solutions fuel pressure fuel pressure can be checked by using a mechanical gauge attached to the fuel rail if the fuel pressure is within factory specifaions there may be a fault with the fuel pressure sensor giving false readings to the pcm ecm

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pressure by 10 mpa or more for a certain interval

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