

HEALTH EDUCATION CLASS SEMESTER EXAM

Study Guide

CHAPTER 1

1. What does it mean to say that our health is dynamic in nature?
 - It is constantly changing.
2. What influences on your health cannot be changed?
 - Heredity.

CHAPTER 1 - CONTINUED

3. What are the three elements of your health triangle?
 - Physical, mental/emotional and social health.
4. Define the term abstinence.
 - Avoiding harmful behaviors.

CHAPTER 1 - CONTINUED

5. Your personal behavior can ?

- Affect your friends and family.

6. What is the first step toward becoming responsible for your health? (short answer)

- The first step is to have an increased awareness of risk behaviors.

CHAPTER 2

1. List three reliable sources of health information.
 - Government/educational websites, library resources and health care providers.
2. Define values.
 - Ideas, beliefs and attitudes about what is important that help you guide the way you live.

CHAPTER 2 - CONTINUED

3. What are the benefits of having good character?
 - It benefits others as well as yourself.
4. List two internal influences on your health.
 - Values, likes, dislikes and desires.
5. What is the key to conflict resolution?
 - Having respect for the other person's rights.

CHAPTER 2 - CONTINUED

6. How does character impact your health?
(short answer)

- Good character enhances each side of your health triangle.

CHAPTER 3

1. What is preventative care? Give an example of preventative care.
 - Actions that prevent the onset of disease or injury. Example: sports physical
2. Which organization works to promote health on a global scale?
 - World Health Organization

CHAPTER 3 - CONTINUED

3. When should a person go to the emergency room.

- If they are victims of a potentially life threatening illness or injury.

4. What is the name of the agency that ensures the safety of food, drugs, and cosmetics?

- Food and Drug Administration.

CHAPTER 3 - CONTINUED

5. Define the term specialist and give two examples.
 - Medical doctors trained to handle particular kinds of patients or medical conditions. Examples :
pediatrician and allergist
6. What is an insurance deductible? (short answer)
 - An amount an insurance member must pay before the plan will start reimbursing for health care services.

CHAPTER 4

1. What is a possible cause of muscle cramps?
 - Dehydration.
2. List four possible side effects of anabolic steroid use.
 - Unusual weight gain/loss, sterility, mood swings and body acne.

CHAPTER 4 - CONTINUED

3. Define the term dislocation.
 - A condition when a bone slips from its normal position at a joint.
4. Before exercising, you should allow your pulse rate to increase gradually by doing this activity?
 - Warming-up.

CHAPTER 4 - CONTINUED

5. How can frostbite be prevented?
 - Dressing warmly and covering exposed skin.
6. Briefly describe how aerobic exercise affects the cardiovascular and respiratory system.
(short answer)
 - It strengthens the heart and the entire cardiovascular system and it increases the lung's capacity to hold air.

CHAPTER 5

1. What is hunger?
 - A physical need for food.
2. What is the nutrient that makes up the greatest percentage of the body?
 - Water.
3. Where does your body get the nine essential amino acids?
 - Food.

CHAPTER 5 - CONTINUED

4. What are fats?

- A type of lipid.

5. Give four examples of things that affect your food choice?

- Convenience, family, friends and culture.

CHAPTER 5 - CONTINUED

6. Why is good nutrition especially important during your teen years? (short answer)
 - It is the second fastest growth period in your life.

CHAPTER 6

1. What is body image?
 - The way you see your body.
2. Which of the following supplies the most calories per gram: carbohydrates, fats, or proteins?
 - Fats.

CHAPTER 6 - CONTINUED

3. What will happen if you take in more calories than you burn?
 - You gain weight.
4. Define the term fasting.
 - To abstain from eating.

CHAPTER 6 - CONTINUED

5. Give three examples of eating disorders.
 - Anorexia, bulimia, and binge eating disorder.
6. How does regular physical activity help promote a healthy weight? (short answer)
 - It burns extra calories.

CHAPTER 8

1. What are you experiencing when you feel tired because your body has been fighting an illness?
 - Pathological fatigue.
2. Give three examples of ways to manage stress.
 - Planning ahead, get adequate rest, and physical activity.

CHAPTER 8 - CONTINUED

3. What is the emergency hormone?

- Adrenaline.

4. Leaving your home due to hurricane damage is an example of this type of stress?

- Environmental stressor.

CHAPTER 8 - CONTINUED

5. Headaches can be this type of response to stress?
 - Psychosomatic response.
6. Which type of fatigue is caused by the stress of illness? (short answer)
 - Pathological fatigue.

CHAPTER 9

1. A phobia and obsessive compulsive disorder are both this type of disorder?
 - Anxiety disorder.
2. When someone suffers from this mental disorder the sufferer has difficulty distinguishing between real and imaginary events.
 - Schizophrenia.

CHAPTER 9 - CONTINUED

3. List three symptoms of post-traumatic stress disorder.
 - Nightmares, flashbacks, and guilt.
4. What are cluster suicides? What are the possible causes of cluster suicides?
 - Series of suicides occurring within a short period of time and involving several people from the same school/community. Suicide pact/response to suicide of a friend.

CHAPTER 9 - CONTINUED

5. Does mental illness require medical attention?

- Yes.

6. What type of events are associated with post-traumatic stress disorder? (short answer)

- Events may include personal assault or military combat.

CHAPTER 11

1. What is emotional abuse?

- Pattern of behavior that attacks the emotional development and sense of self worth of an individual.

2. What is the most appropriate response for a child that is experiencing abuse at home?

- Tell a trusted adult.

CHAPTER 11 - CONTINUED

3. List three ways to maintain a healthy family?
 - Respect personal space, respect others feelings, and be responsible.
4. What social need is met by families?
 - Teaching children a value system.

CHAPTER 11 - CONTINUED

5. A person's extended family consists of what people?

- Parents, siblings, and other relatives.

6. For what reason is the family considered the basic unit of society? (short answer)

- The health of society is directly related to the health of families.

CHAPTER 13

1. Which is a sign of a healthy dating relationship?
 - Holding each other in high esteem.
2. Define the term assertive.
 - Standing up for your rights in a firm but positive way.

CHAPTER 13 - CONTINUED

3. Which use of body language might communicate a lack of self confidence and a feeling of insecurity?
 - Avoiding eye contact with strangers.
4. Stalking, name-calling, and slapping are all forms of this?
 - Abuse.

CHAPTER 13 - CONTINUED

5. Which of the following increases the likelihood of teen violence?
 - Lack of economic opportunity.
6. Why is verbal abuse considered a form of emotional abuse. (short answer)
 - It can harm a person mentally and emotionally.

CHAPTER 19

1. What things happen in the first four weeks of fetal development?
 - The heart begins to beat.
2. According to Erikson, how can parents help their infants develop trust?
 - Tending to the child promptly and lovingly.

CHAPTER 19 - CONTINUED

3. Tobacco and alcohol ?

- Can pass through the umbilical cord from pregnant female to fetus.

4. What are contractions? When do they start?

- Contractions of the uterus. At the beginning of labor.

CHAPTER 19 - CONTINUED

5. Asking many questions is a characteristic of which phase of childhood?
 - Middle childhood.
6. How soon after birth should an infant have a health screening? (short answer)
 - At birth.

CHAPTER 20

1. People who keep their health triangle in balance are more likely to do this?
 - Adjust successfully to aging.
2. What happens to the skin as the body ages?
 - It loses elasticity.

CHAPTER 20 - CONTINUED

3. What triggers the changes that occur during puberty?
 - The release of hormones.
4. Which is a developmental task of adolescence?
 - Achieving emotional independence.

CHAPTER 20 - CONTINUED

5. Adulthood ?

- Involves both physical and emotional aspects?

6. Why are teen marriages often unsuccessful? (short answer)

- Most teens are not mature enough to handle the responsibilities of marriage.

CHAPTER 21

1. Define nicotine and give its drug classification.
 - Addictive drug found in tobacco leaves.
Stimulant.
2. What is emphysema and what does it do to the body?
 - It is a disease that destroys the tiny air sacs in the lungs making it hard to breathe.

CHAPTER 21 - CONTINUED

3. Why is the tar contained in tobacco smoke harmful to the lungs?

- Paralyzes the cilia.

4. When carbon monoxide is present in the blood, the body's tissues are deprived of what?

- Oxygen.

CHAPTER 21 - CONTINUED

5. List one social consequence of smoking.

- Being excluded by nonsmokers.

6. How does smoking lead to lung cancer?
(short answer)

- Cancer cells grow in the mucous that can no longer be expelled.

CHAPTER 22

1. List four symptoms of alcohol poisoning
 - Irregular heartbeat, low body temperature, vomiting, and severe dehydration.
2. Define the term binge drinking.
 - Drinking five or more alcoholic drinks at one sitting.

CHAPTER 22 - CONTINUED

3. List three long term cardiovascular changes that occur due to drinking alcohol?
 - Damage to heart muscle, enlarged heart, and high blood pressure.
4. A condition in which the liver tissue is replaced by scar tissue is called?
 - Cirrhosis.

CHAPTER 22 - CONTINUED

5. According to teens, what is the most important factor in choosing not to drink?
 - Parental disapproval.
6. Describe one typical alcohol-drug interaction. (short answer)
 - Alcohol can increase the effects of some drugs.

CHAPTER 23

1. Which treatment would be the most appropriate of a person with a long history of drug abuse?
 - A stay at therapeutic community.
2. Define the term analgesics and give several examples.
 - Pain relievers. Aspirin, codeine, and morphine.

CHAPTER 23 - CONTINUED

3. Which of the following drugs are never used in a medicinal capacity?
 - Hallucinogens.
4. Give four examples of a misuse of medicine.
 - Giving medicine to a friend, taking too much or too little, discontinuing use, and mixing medicines.

CHAPTER 23 - CONTINUED

5. Does marijuana interfere with the immune system?

- Yes.

6. How does a stimulant affect the central nervous system? (short answer)

- It speeds up the central nervous system.

CHAPTER 24

1. List three diseases that are caused by a virus.
 - Common cold, flu, and viral pneumonia.
2. What is the name of the bacterial disease that attacks the lungs?
 - Tuberculosis.

CHAPTER 24 - CONTINUED

3. Give an example of transmission by direct contact.
 - Touching a person.
4. Give an example of a chemical barrier.
 - Enzymes in saliva.

CHAPTER 24 - CONTINUED

5. Define the term protozoans.
 - Single celled organisms that are larger and more complex than bacteria.
6. How do mucous membranes help fight pathogens? (short answer)
 - They trap the pathogens and carry them out of the body.

CHAPTER 25

1. List the first symptoms of HIV/AIDS.
 - Fever, rash, headache, body aches, and swollen glands.
2. How is HIV transmitted?
 - Blood, semen, vaginal secretions, and breast milk.

CHAPTER 25 – CONTINUED

3. Which STD stay in the body even after the symptoms are treated?

- Human Papillomavirus (HPV).

4. When it comes to an STD, compared to adults, teens are less likely to do this?

- Seek medical attention.

CHAPTER 25 - CONTINUED

5. What is the very best method for preventing STD's?
 - Abstinence.

CHAPTER 26

1. What type of cancer affects the blood forming organs?

- Leukemia.

2. What is the leading cause of blindness in adults?

- Macular degeneration.

CHAPTER 26 - CONTINUED

3. Define the term osteoarthritis.
 - Disease of the joints in which cartilage breaks down.
4. What is the main cause of the condition known as arteriosclerosis?
 - Eating fatty foods.

CHAPTER 26 - CONTINUED

5. Define the term arthritis. What disease is the leading cause of disability in the United States?
 - A group of more than 100 different diseases that cause pain and loss of movement in the joints.
 - Arthritis

CHAPTER 26 - CONTINUED

6. How does plaque affect the arteries?
(short answer)

- It can build up on the arterial walls.

CHAPTER 28

1. What is the first link in the chain of survival?

- Call 911.

2. Define universal precautions.

- Actions taken to prevent the spread of disease by treating all blood and other bodily fluids as if they contained pathogens.

CHAPTER 28 - CONTINUED

3. List the symptoms of shock.
 - Restlessness, skin that is pale, cool, and moist, and rapid breathing and pulse.
4. How do you properly treat a nosebleed?
 - Lean forward and apply pressure to the bleeding nostril.

CHAPTER 28 - CONTINUED

5. If you are cut with a razor blade, you have sustained this type of wound.
 - Laceration.
6. Why is the recovery position the safest position for a person who is unconscious?
(short answer)
 - The airway is protected, so choking is less likely.

CHAPTER 29

1. Give three examples of materials that are considered hazardous waste.
 - Paint, batteries, and motor oil.
2. What environmental hazard can damage the kidneys, liver, brain, and nerves?
 - Lead poisoning.

CHAPTER 29 - CONTINUED

3. What is conservation?

- The protection and preservation of the environment by managing natural resources to prevent abuse, destruction, and neglect.

4. What gas compound composed of three oxygen atoms is a major component of smog at ground level?

- Ozone.

CHAPTER 29 - CONTINUED

5. Give five examples of recycled materials.

- Paper, plastic, newspaper, glass, and aluminum.

6. If many wastes are biodegradable, why are landfills necessary? (short answer)

- There are many other materials that are not biodegradable.