

# 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

# Final Exam Study Guide Communications Applications Answers

**Sandy Fritz, Luke Allen Fritz**



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**Communications** William C. Himstreet, Wayne Murlin Baty, Carol M. Lehman, 1993 For an undergraduate or possibly graduate course in introductory business communication found in departments of business including marketing management and information systems business education English and communications      **Introduction To Communication**

Addison-Wesley Longman, Incorporated, Bort, 1995      *Subject Guide to Books in Print* ,1993      *MCS D Test Success* Ian Lewis, VFX Technologies, Bruce Nielson, 1999 This guide is an ideal tool for testing and reinforcing a candidate's knowledge and understanding before taking the actual test The AR DS exam 70 100 measures a programmer's ability to design build and implement business solutions by using Microsoft tools and technologies      *IEEE Translation Journal on Magnetics in*

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**Review of the Telegraph and Telephone and Electrical Journal**, 1914      **Management** Arthur G. Bedeian, 1993

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