

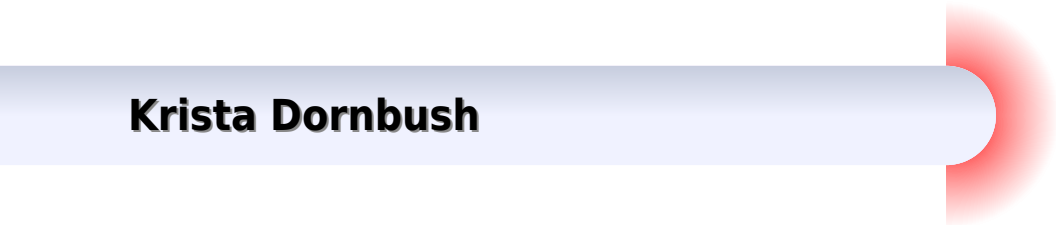
FRESHMAN HEALTH CRT STUDY GUIDE

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

Ush Semester 2 Study Guide Final Exam

Krista Dornbush



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changes that make a big difference many of which can be put into practice in a single class period These strategies are designed to bridge the chasm between primary research and the classroom environment in a way that can be implemented by any faculty in any discipline and even integrated into pre existing teaching techniques Learn for example How does one become good at retrieving knowledge from memory How does making predictions now help us learn in the future How do instructors instill fixed or growth mindsets in their students Each chapter introduces a basic concept in cognitive theory explains when and how it should be employed and provides firm examples of how the intervention has been or could be used in a variety of disciplines Small teaching techniques include brief classroom or online learning activities one time interventions and small modifications in course design or communication with students [Hearts Collide, Volume 2](#) Kristine Kathryn Rusch, Dean Wesley Smith ,2024-07-18 Romance stories Check Traditional romance tropes Umm You can t keep Dean Wesley Smith or Kristine Kathryn Rusch tied to traditional genre norms Even when writing romance stories Which they delightfully are From western to humor vampires to science fiction with even a dab of literary mainstream no matter which these stories all have romance at their center You get three authors this time including Kristine Kathryn Rusch s fantasy romance pen name Kristine Grayson Featured stories include Dean Wesley Smith s highly acclaimed In The Shade of the Slowboat Man and Kristine Kathryn Rusch s award nominated Millennium Babies **Fake Slackers Vol 2** Mu Gua Huang,2020-12-25 After class placements were decided the school s two infamous problem youth not only shared the same class but the same desk They re clearly good at studies but pretend to be slackers Fakers from head to toe who just keep walking farther down the path of their performance Hear on the grapevine about the two big brothers who always fight over the last place in class Basically this is a serious comedy About the little matters of growing up *World Through a Stethoscope (Volume 2)* Dr Tejas Shelar,2023-11-08 World through a Stethoscope is an idea which originated amidst the gone pandemic of COVID With a simple motto of giving voice to healthcare professionals unfolding stories one at a time With 74 established authors who are healthcare professionals have enlivened the text within these pages They have unveiled the triumphs and challenges the moments of vulnerability and resilience that have shaped them as they navigate the maze of healthcare In the vast realm of medicine where every heartbeat holds a story we find ourselves at the crossroads of science and humanity Welcome to this anthology a tapestry woven by the hands minds and hearts of medical professionals The narratives in this book are frozen in time representing the authors as they were around December 2020 As we fast forward to 2023 their subsequent achievements and personal growth have taken them to new heights making their stories even more inspiring and emblematic of their remarkable journeys We hope this book encourages future doctors makes people talk about how to make things better and reminds everyone that being a doctor is not just about facts and figures it s also about being caring and kind Let s celebrate the special people who spend their lives helping others and let these stories inspire you to do good things too Wherever we originate whoever we are and wherever we may be headed our lives are woven from stories

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