

Sci 162 principles of health wellness

[Health & Medicine](#)



**ASSIGN
BUSTER**

Going on and off starvation diets will hinder long-term weight loss because this type of dieting | A. hinders nutrient metabolism. | | B. fosters inappropriate exercise habits. | | C. slows down the basal metabolic rate.

| | D. increase the amount of essential fat. | | | | | 2) The success rate of maintaining weight loss is improved with | A. continued dieting. | | B. increased protein. | | C.

exercise. | | D. decreased essential fat. | | | | | 3) Which of the following is NOT a severe consequence of obesity? | A. Cancer | | B. Dementia | | C. Premature death | | D.

Asthma | | | | | 4) _____ is twice as common in obese adults as in those who are at a healthy weight. | A. Diabetes | | B. High blood pressure | | C. Sleep apnea | | D. Breast cancer | | | | | 5) Associated health risks of obesity include: | A. Gall stones and flu | | B.

Diabetes and lung cancer | | C. Decreased triglycerides and arthritis | | D. Sleep apnea and diabetes | | | | | 6) To lose one pound, you must burn

approximately how many calories? | A. 2, 500 calories | | B. 4, 500 calories | | C. 3, 500 calories | | D. 50 calories | | | | | 7) Research has determined that there is health risk associated with how fat is distributed in the body.

From a health standpoint, the most risky distribution of body fat is having more fat | A. in the hips and thighs. | | B. in the abdominal area. | | C. in the buttocks. | | D.

above the waist. | | | 8) What benefit does love have on your health? | A. It makes you happy. | | | B. Loving relationships increase our ability to think critically. | | | C. Love has the same benefits as exercise and good nutrition.

| | | D. Love makes you want to exercise, thereby decreasing obesity. | | | | |

9) Intimate relationships fulfill our psychological need for someone to listen to our worries and concerns. This is known as our need for | A. dependence. | | | B. spontaneity.

| | | C. social integration. | | | D. enjoyment. | | | | |

10) Dysfunctional family relationships are characterized by: | A. negative interactions. | | | B.

genuine intimacy. | | | C. high levels of self-love. | | | D. appearing in certain ethnic groups. | | | | | 11) George and Kate always support each others' interests, hoping to ensure that the other will succeed. This best demonstrates that they are A.

practicing serial monogamy. | | | B. advocates for each other. | | | C. giving the utmost to each other. | | | D. intimately exclusive.

| | | | | 12) Which of the following is NOT a strategy for improving a relationship: | A. Improve communication through learning about yourself. | | | B. Ask for clarification if you don't know what your partner is saying. | | | C. Become a better listener by being tenacious. | | | D.

Relax and have an alcoholic drink before a conversation. | | | | | 13) To improve an unhealthy relationship you could improve communication by: | A.

becoming more accepting of yourself. | | | B. changing your “ I” statements to “ you” statements. | | | C. keeping personal information private.

| | | D. recognizing that silence is never the best approach. | | | | | |

14) Terms such as behavioral interdependence, need fulfillment, and emotional availability describe which type of relationship? | A. Dysfunctional |

| | B. Behavioral | | | C. Sexual | | | D. Intimate | | | | 15) Leaving a diaphragm

in for longer than the recommended time period increases the risk for | A.

pregnancy. | | | B. hypertension. | | | C. Toxic Shock Syndrome. | | D. AIDS.

| | | | | | 16) One main advantage of the sponge as a contraceptive device is

| A. the fit is more comfortable than other devices. | | | B. it protects well

against all STIs. | | | C. it does not require a fitting from a doctor. | | | D.

its high protection rates for pregnancy. | | | | | | 17) _____ help prevent

the spread of some sexually transmitted diseases and are reliable against

pregnancy. | A. Spermicides | | | B. Cervical caps | | | C. Condoms | | | D. Lea’s

shield | | | | | | 18) Which of the following is NOT a strategy for becoming a

better listener: A.

Show empathy and sympathy | | | B. Interrupt often to ask for clarification | |

| C. Be tenacious | | | D. Participate in the conversation | | | | | | 19) Lovers

tend to pay attention to the other person even when they should be involved

in other activities. This is called | A. inclusion. | | | B.

fascination. | | | C. exclusivity. | | | D. authentic intimacy. | | | | | | 20) Lisa

and Chris are close friends and classmates. Each day they have a mutual

impact and influence each other.

This example best demonstrates | A. the need for their social fulfillment. | | |
B. the behavioral interdependence in the relationship. | | | C. their
detachment to one another's feelings. | | | D.

their availability for each other. | | | | | | 21) Women protect themselves
against toxic shock syndrome by: | A. abstaining from sexual intercourse. | | |
B. removing diaphragms within 24 hours of use. | | | C. using a barrier
method contraceptive.

| | | D. using a spermicide. | | | | | | 22) You can prevent HIV infection by: | A.
not using illicit drugs. | | | B. not engaging in unprotected sex. | | | C.

not engaging in sexual acts with sex workers. | | D. engaging in sexual acts
with a few partners. | | | | | | 23) What is the only method for preventing
pregnancy that works 100 percent of the time? | A. Barrier contraceptives | |
| B. Emergency contraception | | | C. Abstinence | | | D.

Tubal ligation | | | 24) Marie's boyfriend told her he just got home from the
clinic where he learned he had gonorrhea. Which of the following statements
is true? | A. Marie should go to the clinic as soon as possible to get herself
tested for gonorrhea and treated if she has it. | | | B. Marie should break up
with this guy because he obviously is messing around with other girls just
like her last boyfriend did. | | | C. Marie does not need to worry because girls
do not get STIs.

| | | D. Marie does not need to worry because she does not have any
symptoms. | | | | | | 25) To effectively prevent infection, one must cleanse
hands by: | A. scrubbing his or her hands with soapy lather for 10 seconds,

then rinse with warm water for 10 seconds, for a total process time of 20 seconds. | | | B. rinsing with cool water for 20 seconds. | | | C.

crubbing his or her hands with soapy lather for 20 seconds, then rinse with warm water. | | | D. rinsing with hot water for 20 seconds. | | | | | | 26) What can you do to reduce your risk of cardiovascular disease? | A. Cut back on unsaturated fats | | | B. Increase triglycerides | | | C. Avoid tobacco | | | D.

Consume 5-10 milligrams of plant sterols per day | | | | | | 27) Which of the following is NOT an effective way to control hypertension? | A. Reduce sodium intake | | | B. Regular exercise | | | C. Weight loss | | | D. Increase caloric intake | | | | | | 28) What risk factor can lead to many diseases? A. High cholesterol | | | B. Insulin deficiencies | | | C.

Radiation | | | D. Obesity | | | | | | 29) The major risk factor for chronic bronchitis is | A. cigarettesmoking. | | | B. dust in the air. | | | C. previous allergies.

| | | D. family history. | | | | | | 30) Betty has cervical cancer. It is probably related to the _____ infection she got back in college. | A. hepatitis A | | | B. human papillomavirus | | | C.

chlamydia | | | | 31) The following is NOT true about smokeless tobacco: | A. It contains more nicotine than cigarettes. | | | B. Most smokeless tobacco users are young males. | | | C. It does not contain cancer causing substances. | | | D.

It is just as addictive as smoking. ||||| 32) A weak and rapid pulse, irregular breathing patterns, and the inability to be aroused are all signs of | A. drug tolerance. || | B. alcohol poisoning. || | C. alcoholic hepatitis.

|| | D. asthma. ||||| 33) Using a nicotine patch for smoking cessation is an example of | A. ingestion. || | B. injection. || | C.

inhalation. || | D. inunction. ||||| 34) Who would most likely become a new smoker in the United States? | A. An older adult || | B. A college graduate || | C. A blue-collar worker || | D.

A teenager ||||| 35) Which of the following is a classic sign of opiate addiction? | A. Stuttering speech. || | B. Drooping eyelids. || | C. Bloodshot eyes. || | D.

Visual disturbances. ||||| 36) The theory that a drug attaches itself to specialized cells in the body because of its size, shape, electrical charge, and chemical properties is called the | A. drug interaction theory. || | B. pharmacological attachment theory. || | C. receptor site theory.

|| | D. drug physiology theory. ||||