

# [Health test essay examples](https://assignbuster.com/health-test-essay-examples/)

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## Health Test

Part 1 of 1 -   
Question 1 of 10 1. 0 Points   
The fitness dimension that is considered basic foundation to whole-body fitness is:   
A. flexibility.   
B. muscular strength.   
C. muscular endurance.   
D. cardiorespiratory endurance.

## Question 2 of 10 1. 0 Points

Which of the following is the best example of anaerobic activity?   
A. jogging   
B. walking   
C. sprinting   
D. bicycle touring

## Question 3 of 10 1. 0 Points

The strength-building exercise method that involves exerting force against immovable objects is called   
A. isotension.   
B. isokinetic.   
C. isometric.   
D. isotonic.

## Question 4 of 10 1. 0 Points

Protein, fats, and carbohydrates differ from the other basic nutrients in that they alone provide the body with   
A. enzymes.   
B. calories.   
C. amino acids.   
D. structural elements.

## Question 5 of 10 1. 0 Points

Which of the following is false regarding saturated fats? They are   
A. solid at room temperature.   
B. fats that are difficult for the body to use.   
C. found primarily in animal products.   
D. manufactured by the body.

## Question 6 of 10 1. 0 Points

The typical treatment for eating disorders is   
A. family counseling.   
B. a medical examination and nutrition education.   
C. a psychotherapy session followed by a self-help nutrition program.   
D. medical treatment, where required, and a variety of counseling options.

## Question 7 of 10 1. 0 Points

The key to maintaining a healthy weight is   
A. caloric expenditure through regular exercise.   
B. regular counseling sessions.   
C. over-the-counter weight loss products.   
D. acupuncture.

## Question 8 of 10 1. 0 Points

Muscular fitness is the term used to represent the capabilities of the skeletal muscles to perform contractions.   
A. True   
B. False

Question 9 of 10 1. 0 Points   
If left untreated, most eating disorders will resolve themselves.   
A. True   
B. False   
test 3   
Question 1 of 10 1. 0 Points   
Drugs affect the central nervous system by:   
A. eliminating the production of neurotransmitters.   
B. destroying a neuron's dendrite.   
C. destroying the synaptic junction.   
D. blocking the production or forcing the continued release of neurotransmitters.

## Question 2 of 10 1. 0 Points

A drug is any substance (other than food) that:   
A. produces euphoric or anesthetic effects in animals.   
B. alters structure or function in living organisms.   
C. has a negative physiological effect in animals.   
D. is known to be harmful to living tissues.

## Question 3 of 10 1. 0 Points

Freebasing is   
A. another term for making crack cocaine.   
B. dissolving cocaine in a liquid in order to inject it.   
C. a method of using solvents to concentrate cocaine.   
D. D) a term that describes smoking any type of cocaine.

## Question 4 of 10 1. 0 Points

Tranquilizers and barbiturates fit into which drug category?   
A. opiates   
B. stimulants   
C. depressants   
D. hallucinogens

## Question 5 of 10 1. 0 Points

All of the following are names for the " date rape" drug except   
A. GHB   
B. roophies   
C. liquid ecstasy   
D. sleepy R

## Question 6 of 10 1. 0 Points

When segments of a college community are studied, there is direct relationship between cigarette smoking and   
A. level of alcohol use.   
B. using drugs.   
C. having poor study skills.   
D. being considered a loner or outcast.

## Question 7 of 10 1. 0 Points

There is evidence to suggest genetics may play a strong role in addiction to nicotine.

## A. True

B. False

Question 8 of 10 1. 0 Points   
The term drug abuse cannot be applied to improper use of a drug for which you have a prescription.   
A. True   
B. False

Question 9 of 10 1. 0 Points   
Sarah smokes a pack of cigarettes a day and has just given birth. Which of the following is false regarding the health of her newborn? Her baby will

## A. generally have a normal birth weight.

B. have an increased risk of sudden infant death syndrome.   
C. more likely develops chronic respiratory problems.   
D. be hospitalized more often and have poorer overall health.

## test 4

Question 1 of 10 1. 0 Points   
Of the following cardiovascular diseases, which causes the most deaths?   
A. stroke   
B. hypertensive disease   
C. congestive heart failure   
D. coronary heart disease

## Question 2 of 10 1. 0 Points

Most of the heart's pumping action occurs in the   
A. ventricles.   
B. septum.   
C. aorta.   
D. atria.

## Question 3 of 10 1. 0 Points

The heart's electrical activity is measured by an instrument called an   
A. EEG.   
B. EKK.   
C. EKG.   
D. ECC. Reset Selection

## Question 4 of 10 1. 0 Points

The most common type of stroke is   
A. cerebral hemorrhage.   
B. cerebrovascular occlusion.   
C. cerebral aneurysm.   
D. cerebral ischemic attack.

## Question 5 of 10 1. 0 Points

A condition called an aneurysm occurs when a   
A. clot completely blocks blood flow through a cerebral artery.   
B. weakened artery wall bulges out at the weak point.   
C. section of brain tissue dies as the result of a stroke.   
D. weakened artery begins to leak.

## Question 6 of 10 1. 0 Points

At its most basic, cancer is a(n)   
A. suppression of normal function in an organ.   
B. uncontrolled replication of abnormal cells.   
C. invasion of foreign substances into cells.   
D. dysfunction of the immune system.

## Question 7 of 10 1. 0 Points

What is meant by the fact that cancer cells lack contact inhibition? They   
A. do not stop reproducing when they have filled a space.   
B. can coexist with all types of normal cells.   
C. divides more rapidly than normal cells.   
D. form tighter masses than normal cells.

## Question 8 of 10 1. 0 Points

One of the dangerous properties of cancer cells is that they   
A. ingest normal cells.   
B. can live indefinitely.   
C. grows larger than normal cells.   
D. can kill other cells on contact. A type of inflammatory bowel disease in which there is an erosive deterioration of the inner surface and muscular layer of the intestinal wall is \_\_\_\_\_\_\_\_\_\_\_\_ disease.   
B. Conan's   
C. Cooper's   
D. Crohn's

## Question 1 of 10 1. 0 Points

The general term for a disease-causing agent is   
A. virus.   
B. infection.   
C. pathogen.   
D. bacterium.

## Question 2 of 10 1. 0 Points

The general term for the environment in which an infectious agent grows and thrives is its   
A. reservoir.   
B. incubator.   
C. natural state.   
D. dormant state.

## Question 3 of 10 1. 0 Points

Which of the following is not a form of direct transmission?   
A. kissing   
B. breathing in someone's sneeze   
C. sexual intercourse

## Question 4 of 10 1. 0 Points

In the context of infectious diseases, what is a vector?   
A. the connection between any two links in the chain of infection   
B. a primitive one-celled organism that causes disease in humans   
C. a living organism that serves as a mode of transmission for a pathogen   
D. the substance released by an infectious agent that causes symptoms in humans

## Question 5 of 10 1. 0 Points

The stage of infection from the time a pathogen enters your body until symptoms appear is known as the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ stage.   
A. clinical   
B. recovery   
C. incubation   
D. prodromal

## Question 6 of 10 1. 0 Points

When did you become genetically male or female?   
A. at the moment of conception   
B. During the embryonic stage   
C. during the second trimester of development   
D. during the third trimester of development

## Question 7 of 10 1. 0 Points

Conception usually occurs in the   
A. ovary.   
B. uterus.   
C. vagina.   
D. fallopian tube.

## Question 8 of 10 1. 0 Points

Question 9 of 10 1. 0 Points   
The female analog to the male penis is the   
A. uterus.   
B. clitoris.   
C. vagina.   
D. mons pubis.

One's initial gender identity is based upon   
A. a preference for one gender role over another.   
B. a recognition of one's biological gender.   
C. gender role instruction from parents.   
D. biological messages.

Wilson, D. L. (1999). Introduction to biology (illustrated ed.). John Wiley & Sons.