

# Health test essay examples

[Health & Medicine](#), [Body](#)



## **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.