Health Final Exam Study Guide

1. The providing of accurate health information to help people make healthy choices is called ___________ _______________. (Chp.1)

2. Refusal skills are _______________________________________________________________________________________. (Chp. 2)

3. The three categories of total health are____________,____________, _____________. (Chp. 1)

4. Individual traits that make you unique is your _______________________. (Chp. 7)

5. According to Maslow, striving to be the best you can be ___________ - ________________. (Chp. 7)

6. Actions that can potentially threaten your health or the health of others are ________ behaviors. (Chp. 1)

7. The ability to imagine and understand another's feelings is called ______________. (Chp. 7)

8. Air that has been contaminated by tobacco smoke ________________ ____________. There are two types of this kind of smoke, one of which comes from the burning end of a cigarette, pipe, or cigar ________________ _______________ _______________ and the other is exhaled from the lungs of a smoker ________________ _______________. (Chp. 21)

9. Maslow's hierarchy of needs is a list of needs that are essential to human _____________ and _______________. (Chp. 7)

10. ________________is a deliberate decision to avoid high-risk behavior, including sexual activity before marriage and the use of tobacco, alcohol and other drugs. (Chp. 1)

11. Which type of herpes is an incurable disease characterized by genital sores? ________________ _______________. (Chp. 25)

12. A global outbreak of infectious disease is called ___________________. (Chp. 25)

13. The stage in which a person infected with HIV has symptoms as a result of a severe drop in immune cells is know as ______________________ _______________. (Chp. 25)

14. An incurable STD characterized by genital warts is ________________ ________________ _________________. (Chp. 25)

15. Forced sexual intercourse with someone already known is ________________ _______________. (Chp. 13 Lesson 4)

16. A rape which occurs between two people who are dating ______________. (Chp. 13 Lesson 4)
17. __________________ _______________________ diseases are communicable diseases spread from person to person through sexual contact. (Chp. 25)

18. A bacterial STD that usually affects mucous membranes is known as __________________. (Chp. 25)

19. A ________________ person has an unfair opinion of a particular group. (Chp. 10)

20. Nutrients that help build and maintain body cells and tissues are called __________________. (Chp. 5)

21. ____ _________________ are expressions of feelings without blame. (Chp. 10)

22. A synthetic drug made to imitate the effects of narcotics and hallucinogens are called ________________ drug. (Chp. 23)

23. A severe and potentially fatal physical reaction to an alcohol overdose is known as ________________________________. (Chp. 22)

24. ________________ abuse is the excessive use of alcohol. (Chp. 22)

25. Feeling confident and worthwhile about yourself is the definition of ______ - ____________. (Chp. 7)

26. Trying to outdo others (would/ would not) be a characteristic of good mental health. (Chp. 7)

27. Coping with changes in life is a sign of ____________ mental health. (Chp. 7)

28. According to Maslow’s Hierarchy of needs, the need to satisfy hunger, thirst, and sleep would be a _________________ need. (Chp. 7)

29. What are the five refusal strategies? (Chp. 2)
   1. ________________________________________________________
   2. ________________________________________________________
   3. ________________________________________________________
   4. ________________________________________________________
   5. ________________________________________________________

30. Fat should account for no more than ______ percent of the calories you eat. (Chp. 5)

31. Your beliefs and attitudes about what is important that help guide your behavior are called _________________. (Chp. 2)

32. A _________________ ______________________ individual understands basic health information and services and uses these resources to promote health and wellness. (Chp. 1)

33. Drinking water before and during exercises is one way to prevent heat _____________. (Chp. 6)

34. Personal behavior (can/ cannot) affect your family and friends. (Chp. 1)

35. Potatoes are a good source of ___________________ _______________________. (Chp. 5)
37. ________________ ________________ is an eating disorder characterized by self-imposed starvation. (Chp. 6)

38. What are the six pillars of character and be able to describe each? (Chp. 2)
   1. ______________________________________________________________________
   2. ______________________________________________________________________
   3. ______________________________________________________________________
   4. ______________________________________________________________________
   5. ______________________________________________________________________
   6. ______________________________________________________________________

39. ________________ is a drug that interferes with the immune system and may permanently damage it. (Chp. 23)

40. Hallucinogens are never used in a medicinal capacity. (True/False) (Chp. 23)

41. When you feel tired because your body has been fighting an illness, you are experiencing ________________ fatigue. (Chp. 8)

42. What are the signs of an unhealthy dating relationship? (Chp. 13 L4)
   1. ______________________________________________________________________
   2. ______________________________________________________________________
   3. ______________________________________________________________________
   4. ______________________________________________________________________

43. Nonverbal communication through gestures, facial expressions, behaviors, and posture is called ________________ _________________. (Chp. 13 L1)

44. A bacterial disease found in women using tampons is called ________________ _________________. (Chp. 18)

45. Animal fats and tropical oils are high in unsaturated fatty acids. (True/False) (Chp. 5)

46. What are the five weight-management strategies? (Chp. 6)
   1. ______________________________________________________________________
   2. ______________________________________________________________________
   3. ______________________________________________________________________
   4. ______________________________________________________________________
   5. ______________________________________________________________________

47. It is important to drink plenty of water before and during a heavy workout because keeping hydrated prevents an electrolyte imbalance. (True/False) (Chp. 6)

48. Negative reactions in the body and mind caused by using tobacco, alcohol, or other drugs are known as ________________ ________________ stressors. (Chp. 8)

49. Males should examine this each month for cancer _________________. (Chp. 18)

50. The ________________ gland regulates and controls the activities of all the other endocrine glands. (Chp. 18)
51. __________________ ________________________ diseases are the most common causes of infertility and other disorders of the female reproductive system. (Chp. 18)

52. What are the five causes of sterility in males? (Chp. 18)
1. _______________________________________________________________________
2. _______________________________________________________________________
3. _______________________________________________________________________
4. _______________________________________________________________________
5. _______________________________________________________________________  

53. When a female reaches puberty, the pituitary gland begins to produce hormones that cause the stored ________________ ova to _________________. (Chp. 18)

54. Sperm are produced in the ______________. (Chp. 18)

55. Eggs move to the uterus through the ________________ _____________. (Chp. 18)

56. Headaches can be a ___________________ response to stress. (Chp.8)

57. In females, genital warts is linked to ________________ __________. (Chp. 25)

58. To infect a person, HIV must enter the ______________________. (Chp. 25)

59. A person increases the risk of being infected with HIV if they have multiple _____ _________. (Chp. 25)

60. Drinking alcohol and doing drugs are effective ways to manage stress. (True/False) Chp.8)

61. An ____________________ ___________________ is an infection that occurs in individuals who do not have healthy immune systems. (Chp. 25)

62. The first test for HIV antibodies is called the ____________. (Chp. 25)

63. Smoking causes the blood vessels to ______________. (Chp.21)

64. A drug that speeds up the central nervous system is categorized as a _________________. (Chp. 23)

65. Drugs that slow heart and respiration rates and lower blood pressure are called ________________. (Chp. 23)

66. During the _______________________ stage of HIV infection the virus continues to grow and can still be transmitted to others? (Chp. 25)

67. ________________ is a condition in which liver tissue is replaced with useless scar tissue. (Chp. 22)

68. A child that is born with a small head and deformities of the face, hands, or feet may be a victim of ________________ __________________ _______. (Chp. 22)
69. Psychological and or physiological dependency on drugs is called ____________. (Chp. 23)

70. __________________________ is an STD that stays in the body even after the symptoms are treated. (Chp. 25)

71. All STDs produce recognizable symptoms. (True/False) (Chp. 25)

72. Genital herpes can only be spread when blisters are present. (True/False) (Chp. 25)

73. ___________ (emotion) is a common reaction to being emotionally hurt or physically harmed. (Chp. 7)

74. What two reasons would cause the EIA to give inaccurate results. (Chp. 25)
   1. ______________________________________
   2. ______________________________________

75. It is more important for a person to control their ___________ than their body weight. (Chp. 6)

76. Taking a large amount of ___________ vitamins can lead to toxic effects. (Chp. 5)

77. In the ___________ stage of HIV, brain cells are destroyed causing confusion and memory loss. (Chp. 25)

78. Tar contained in tobacco smoke is harmful to the lungs because it destroys ___________. (Chp. 21)

79. The only foolproof way to avoid pregnancy is _______________. (Chp. 1)

80. __________________________ is the process of solving a disagreement in a manner that satisfies everyone involved. (Chp. 10)

81. In a __________________________, both sides feel valued. (Chp. 10)

82. Choosing friends who share your ________ will help you withstand ________ ___________ to do things you don’t want to do. (Chp. 1)

83. Giving a friend one of your prescription pain relievers is a good example of misusing medication. (True/False) (Chp. 23)

84. The first stage of alcoholism is characterized by becoming_____________________ regularly. (Chp. 22)

85. In the drug interaction known as the _________________ , one medicine strengthens the effect of another when taken at the same time. (Chp. 23)

86. The urethra of the male is responsible for carrying both ___________ and ___________. (Chp. 18)

87. Fertilization occurs in the ___________________________. (Chp. 18)
88. Cocaine is a _________________. (Chp. 23)
89. Medical researchers have found that drinking alcohol of any sort ________reflexes. (Chp. 22)
90. Nicotine causes addiction and acts as a _________________. (Chp. 21)
91. When tiny air sacs in the lungs are destroyed, making breathing extremely difficult, this disease is called _________________. (Chp. 21)
92. Developing good ________________ can impact one’s own health. (Chp. 2)
93. Fiber can/cannot be digested.
94. Athletes should eat a meal that is _______ in ________________ three to four hours before competing. (Chp. 6)
95. ______________ influences superficial traits such as eye color, as well as your general level of health. (Chp. 1)
96. Your goal in negotiation (should/should not) be to gain control of the outcome. (Chp. 10)
97. _______________ can protect you from being overwhelmed by strong emotions over a short period of time. (Chp. 7)
98. ______________ are drugs that alter moods, thoughts, and sense perceptions. (Chp. 23)
99. ______________ is the ability to adapt to and recover from disappointment, difficulty, or crisis. (Chp. 8)
100. __________ can have the positive effect of motivating a person to work hard. (Chp. 8)
101. ______________ is an infection of the fallopian tube, ovaries, and the surrounding areas of the pelvis and is also caused by sexually transmitted diseases. (Chp. 25)
102. ______________ may develop into oral cancer. (Chp. 21)
103. ______________ is measured to determine whether someone is driving while intoxicated. (Chp. 22)
104. ______________ car crashes is the leading cause of death among teens. (Chp. 22)
105. What are the six symptoms of withdrawal? (Chp. 23)
   1. ______________________________________
   2. ______________________________________
   3. ______________________________________
   4. ______________________________________
   5. ______________________________________
   6. ______________________________________
106. One of the most recognized designer drugs and a combination of stimulants and hallucinogens is known as ________________, or _______________. (Chp. 23)

107. ________________ is also known as the date rape drug. (Chp. 23)

108. Cigars contain _________ cancer-causing tar than regular cigarettes. (Chp. 21)

109. Only ___________ ___________ will release one mature egg each month. (Chp. 18)

110. _________________ communication involves expressing thoughts and feelings clearly and directly but _______________ hurting others. (Chp 10)