1) Wellness is best described as

A. a dynamic process.
B. unrelated to one's environment.
C. a static process.
D. one dimensional.

2) Janice describes herself as confident and trusting, and she displays both high self-esteem and high self-efficacy. The dimension of health this relates to is the

A. intellectual dimension.
B. emotional dimension.
C. spiritual dimension.
D. social dimension.

3) Katherine is an energetic, confident student who is not afraid to get up in front of the class and read her essay aloud. She trusts that even if some students don't agree with her point of view, they will still value her as a person and a friend. Katherine has positive

A. spiritual health.
B. intellectual health.
C. emotional health.
D. physical health.
4) Jill has many friends, is respected by her co-workers, and maintains a great relationship with her boyfriend. Her ability to interact with others is an example of the _______ dimension of health.

   A. intellectual
   B. physical
   C. emotional
   D. social

5) The dimensions of physical health include which of the following?

   A. The ability to think clearly
   B. Sensory acuity
   C. A sense of meaning or value in life
   D. Reasoning objectively

6) A term used to encompass mental, emotional, social, and spiritual dimensions of health is

   A. socio-holistic.
   B. psychosocial.
   C. psychoenvironmental.
   D. socioemotional.

7) Keisha puts herself down all the time. She is very negative about everything and doubts her ability to succeed. Keisha is displaying
A. clinical problems.

**B. low self-esteem.**

C. poor self management.

D. exogenous behavior.

8) Calories from foods like soda and ice cream are called

A. nutrient dense.

**B. empty.**

C. organic.

D. hollow.

9) Which statement summarizes the connection between diet and health?

A. Your health depends not on what you eat, but how much you eat.

**B. Your health depends largely on what you eat and how much you eat.**

C. Variety in the diet is the most important factor affecting health.

D. Scientific evidence is not clear about the diet-health link.

10) What is the difference between a portion and a serving?

A. A serving is the actual amount you eat and a portion is estimated.

**B. A portion can be larger or smaller than a serving.**

C. Serving sizes and portions are always equal.

D. A serving amount varies more than a portion.
11) Which of the following is accurate for one serving from the vegetable group?

A. 1 large baked potato
B. 2 cups of beans
C. 1 cup of raw greens
D. 1 cup of cereal

12) To reduce the amount of sugar you eat, you could avoid the following common form of simple sugar:

A. broccoli.
B. corn syrup.
C. milk.
D. table sugar.

13) Why should you reduce your sodium intake?

A. To reduce the risk of high blood pressure
B. To make food taste better
C. To increase your calcium absorption
D. To lose weight

14) Janice has been lifting 95 pounds while doing three sets of 10 leg curls. To become stronger, she began lifting 105 pounds while doing leg curls. What principle of strength development does this represent?

A. specificity-of-training principle
B. tension principle
C. flexibility principle
D. overload principle

15) Theresa wants to lower her ratio of fat weight to her total body weight. She wants to work on her

A. body composition.

B. flexibility.

C. muscular strength.

D. muscular endurance.

16) Which statement best summarizes the association between exercise and improved immunity?

A. Long term, heavy exercisers get the most gain in immunity.

B. Regular exercise does not promote a healthy immune system.

C. Most improvement occurs when a moderate exerciser begins a more intense exercise program.

D. Brisk exercise temporarily increases WBC (White Blood Cells) to boost immunity.

17) Exercise can reduce the risk of heart disease by which of the following?

A. Raising triglycerides

B. Increasing the number of capillaries
C. Raising the resting heart rate
D. Increasing low-density lipoprotein (LDL) levels

18) Which is true about target heart rate?

A. It varies by a person's body weight.
B. It is a measure of the heart rate after 20 minutes of exercise.
C. People in poor physical condition should exercise above their target heart rate until they are in better shape.

D. It is a percentage of your maximum heart rate.

19) An example of exercises for someone who wants to improve sport or fitness related performance would be

A. concentrics.
B. eccentrics.

C. plyometrics.
D. yogametrics.

20) Your heart races and you cannot think of anything to say when you are asked to speak in front of a group of your peers. This is an example of

A. the stress response.
B. a hot reactor.
C. homeostasis.
D. overload.
21) A pop quiz in class is an example of

   A. stress.
   B. eustress.
   C. a stressor.
   D. strain.

22) Catrina felt her racing heart finally slow down after she had nearly hit a deer in the road with her car. This is an example of

   A. adaptive response.
   B. overload.
   C. intensity factor.
   D. challenge.

23) Amy feels great these days. She knows what to expect this semester, has refined her time management skills, and has learned how to manage her responses to stressors. Her weight is under control and she is in the best physical condition of her life. She doesn't have any worries. Amy is in a state of

   A. sympathetic control.
   B. distress.
   C. homeostasis.
   D. alarm.
24) Downshifting refers to the process of

A. becoming depressed as the result of stress.
B. **taking a step back and simplifying one's life.**
C. slowing down the pace of one's activities.
D. using meditation to combat the stress response.

25) You finally decide to try to manage your stress. After assessing all the things in your life that are stressors, the next step would be to

A. eliminate your emotional responses.
B. **take mental action to change your response to the stressors.**
C. learn to cope with the stressors.
D. determine which stressors can be reduced.