

Freshman Health Final Exam Study Guide

Your final exam will be worth 100 points. The test will consist of matching, T/F, multiple choice, and short answer questions. Everything you need to know for this exam is on this study guide so use it wisely!

Chapter 1

- Define Wellness: maximum well-being - top range of health states
- Define Chronological Age: age measured in years from birth
- Define Physiological Age: age measured by the body's health + life expectancy

Can you change your physiological age? yes

Define Centenarians: people who live to 100 years

Define Heredity: develop certain diseases due to family history

List three ways you can reduce your risk for developing a lifestyle disease. exercise, avoid tobacco, healthy diet

When making behavior changes what things are necessary to be successful?
motivation + drives

Chapter 2

- Define Values: a person's set of rules for behavior, wrong vs. right
- Define Emotional Intelligence: recognize + appropriately express one's emotions
- Define Thoughts: mental processes of which a person is conscious

Define Mentor: wise person who gives assistance and advice

Define Mediator: neutral 3rd person who helps to people in a conflict

Define Conceited: person who has falsely high opinions of themselves

Why do emotionally healthy people still need help with their problems?

What is the most important relationship you can have in your life? the one w/ yourself

If you think positive thoughts you will act in positive ways.

If you think negative thoughts you will act in negative ways.

Where do we learn our first values? parents

- What is the difference between being aggressive and being assertive?
appropriate + respectful vs. overly demanding
- List the 6 steps to the Decision-Making Process.

1. Name the Problem
2. Describe problem's parts
3. Brainstorm
4. Think about each solution
5. Choose solution + act on it
6. Evaluate the outcome

Chapter 3

- Define Personality: how people see the total you
- Define Self-Esteem: have fewer emotional problems
- What are negative peer groups? What are some examples of negative peer groups?
cults, gangs, cliques
- List Erickson's eight stages of life.
- List Maslow's Hierarchy of Needs.
physiological needs safety love esteem ←
- Which of Maslow's stages is the highest stage of development? Self-actualization

Chapter 4

- Define Acute Stress: temporary bout of stress that causes alertness or alarm which prompts a person to deal w/ an event
- Define Chronic Stress: unrelieved stress that continues to tax a person
- Define Coping Devices: safe short-term methods of managing stress
- Can you change the way you react to stress? If so, how? yes
- Do the same events cause stress for everyone? Why or why not? No
- How can you manage your time wisely? ensure security for the future while enjoying the present
- What are some of the symptoms of stress? High BP, weak immune system, clenched teeth
- Identify and explain the three phases of the body's stress response. alarm, resistance, recovery exhaustion

Chapter 5

- Define Mental Illness: disorder of thought, emotion, or behavior that cause distress and reduce persons ability to function
- Define Anxiety: emotional state of high energy that triggers stress response
- Define Depression: one of the most common mental disorders
- Define Schizophrenia: mental disorder that causes people to lose touch w/ reality
- Define Bipolar Disorder: extreme highs/lows of emotion, judgement, concentration
- Are sadness and depression the same thing? Why or why not? No
- What are some of the warning signs of mental illness? personality change, change in eating/sleep excessive anxiety
- When you are angry, what strategies are suggested to be helpful in "cooling off?"
take a walk, listen to music, write

Chapter 7

Define Calorie: unit used to measure energy

- Define Nutrients: substances in food that body requires for proper growth
- Define Undernutrition: too little food or too few nutrients to prevent disease
- What do vitamins release? minerals
- What are the two classifications of vitamins? water / fat soluble
- How does fat provide energy? fatty acids
- How does fat support our body? provides energy, layer of cushion
- How many calories are in a gram of carbohydrates? Proteins? Fats? 4, 4, 9
- What diseases are linked to a high fat diet? heart disease, arthritis, cancer, diabetes
- Explain the difference between saturated fat and unsaturated fat?
 - animal
 - veggie

Chapter 12

- Define Drug Use: taking of a drug for its intended purpose
- Define Drug Misuse: taking of a drug Not for intended purpose
- Define Drug Abuse: deliberate taking of a drug inappropriately
- Define Stimulant: drug that peps up activity of the CNS
- Define Endorphins: chemicals in brain that create natural well-being
- Define Euphoria: pleasure
- Does marijuana have a medical use? If so, what for? glaucoma / cancer
- How is cocaine taken? sniffed, smoked, injected
- What is withdrawal? missing sensation of a drug
- What is the main chemical in marijuana? THC
- What is the addictive ingredient in tobacco? nicotine

Chapter 13

- Define Formaldehyde: substance related to alcohol
- Define Alcoholism: disease characterized by loss of control
- Define Hangover: mild form of withdrawal
- How do you cure a hangover? time
- What are the standard drink amounts?

1.5 oz liquor
 12 oz beer
 5 oz wine
 10 oz wine cooler

- What does BAC stand for? Blood Alcohol Content
- What is considered the legal BAC amount? • 0.08
- List ~~four~~^{two} ways you can get home safe and sober. don't drink, cab, guardian, DD

Teen Pep

Define Abstinence: refraining from sex

Define Heterosexual: like opposite sex

Define Homosexual: like same sex

What is the safest and most effective form of birth control? Abstinence