**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: Healthy Choices and Behaviors**

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 and life expectancy**

Can you change your physiological age? **YES**

Define Centenarians: **People who live 100 years**

Define Heredity: **Develop certain diseases due to family history**

List three ways you can reduce your risk for developing a lifestyle disease. **1. Exercise, 2. Avoid tobacco, 3. Healthy diet**

When making behavior changes what things are necessary to be successful? **Motivation and Drive**

**Chapter 2: Emotional Health**

Define Values: **A person’s set of rules for behavior, wrong vs. right**

Define Emotional Intelligence: **Recognize and 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 two people in conflict**

Define Conceited: **Person who has falsely high opinions of themselves**

Why do emotionally healthy people still need help with their problems? **Friends and support, Help them to stand on their own two feet**

What is the most important relationship you can have in your life? **The one with 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 and respectful vs overly demanding**

List the 6 steps to the Decision-Making Process.
 **1. Name the problem, 2. Describe Problem Parts, 3. Brainstorm, 4. Think about each solution
 5. Choose solution and act on it, 6. Evaluate the outcome**

**Chapter 3: Your Changing Personality**

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. **Infancy, Toddle Stage, Preschool Age, School Age, Adolescence, Young Adulthood, Adulthood, Older Adulthood**

List Maslow’s Hierarchy of Needs. **Physiological Needs, Safety, Belonging-Love, Self-Esteem, Self-Actualization**

Which of Maslow’s stages is the highest stage of development? **Self-Actualization**

**Chapter 4: Stress and Stress Management**

Define Acute Stress: **Temporary bout of stress that causes alertness or alarm which prompts a person to deal with 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 Blood Pressure, weak immune system, clenched teeth**

Identify and explain the three phases of the body’s stress response. **Alarm, Resistance, Recovery, Exhaustion**

**Chapter 5: Mental and Emotional Problems**

Define Mental Illness: **Disorder of thought, emotion, or behavior that cause distress and reduce person’s 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 with reality**

Define Bipolar Disorder: **Extreme highs/lows of emotion, judgment, 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/sleeping, 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: Nutrition**

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? **(4)** Proteins? **(4)** Fats? **(9)**

What diseases are linked to a high fat diet? **Heart Disease, Arthritis, Cancer, Diabetes**

Explain the difference between saturated fat **(Animal)** and unsaturated fat? **(Veggie)**

**Chapter 12: Drug Use and Abuse**

Define Drug Use: **Taking of a drug for its intended purpose**

Define Drug Misuse: **Taking of a drug NOT for its intended purpose**

Define Drug Abuse: **Deliberate taking of a drug inappropriately**

Define Stimulant: **Drug that peps up activity of the Central Nervous System**

Define Endorphins: **Chemicals in the 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: Alcohol Use and Abuse**

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 ways you can get home safe and sober**. 1. Don’t drink, 2. Cab, 3. Guardian, 4. Designated Driver**

**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**