

## STUDY GUIDE

**HERE IS TO YOUR HEALTH**

The purpose of the study guide is to familiarize yourself with the terms you will study in class. This study guide alone will not allow you to pass your exam. You must attend the prep-course.



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Each study guide is unique and presents the information in a clear and condensed form to orient you to the material applicable to the exam. The materials cite various textbooks, journal articles and literature, including some found on websites.

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## INSTRUCTIONS:

- Read the study guide.
- Print and complete the sample test. Correct your test and review the incorrect items.
- Attend class to ensure your money-back guarantee.

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# I. MENTAL HEALTH AND BEHAVIOR

## A. RESPONSIBLE HEALTH, WELLNESS, AND LIFESTYLES:

1. The reduction of health disparities is a major national health goal that makes the individual become more responsible for their own health, wellness, and lifestyle.
2. Health is the optimal well-being that contributes to quality of life. The focus on optimal health includes a high-level of mental, social, emotional, spiritual and physical wellness within the limits of the individual's heredity and personal abilities.
3. **Wellness is identified as "a sense of well-being" and "quality of life".** It is recognized as a positive component of optimal health and allows people to expand on their potential to live and work effectively and to make a considerable contribution to society.
4. **Lifestyles are ways an individual typically lives and are patterns of behaviors.** Adopting a positive lifestyle allows people to develop improved self-perception, in turn, developing a positive lifestyle (Corbin, C., 2011).

## B. MENTAL HEALTH DEFINE:

1. **Mental health is a state of emotional and psychological well-being in which people use their emotional and cognitive capabilities to cope and adjust to living an ordinary life and to function in society** (Medical Dictionary, 2007). **The improvement of health is defined by three central ideas:**
  - a. **mental health is an integral part of health**
  - b. **mental health is more than the absence of mental illness and**
  - c. **mental health is intimately connected with physical health and behavior.**

## C. PERSONALITY THEORIES AND SOCIAL DEVELOPMENT

1. Personality theories are concerned with developing a scientifically defensible model or view of human nature. **Personality theories emphasize on self-understanding and resignation**; falling under five types of theories that includes: biological, behavioral, psychodynamic, humanist and trait theories (Cherry, K., n.d.). They are:
  - a. **Biological theories suggest that genetics are responsible for personality.** A notable theorist of biological theories was Hans Eysenck. He linked aspects of personality to biological processes.
  - b. **Behavioral theories** suggest that personality is a result of interaction between the individual and environment. Behavioral theorist, **B.F. Skinner developed operant conditioning (a method of learning that occurs through rewards and punishments for behavior)** and schedules of reinforcement (a rule stating which instances of behavior will be reinforced).
  - c. **Psychodynamic theories** of personality emphasize the influence of the unconscious mind and childhood experiences on personality. Theorist Sigmund Freud suggested that personality is composed of the “id, ego and superego”. **The id is responsible for all needs and urges, the ego moderates between the demands of the id, the superego and reality, and the superego is for ideals and moral.**
  - d. **Humanist theories** emphasize the importance of free will and individual experience in the development of personality. Humanist theorists, Carl Rogers, and Abraham Maslow emphasized the concept of self-actualization, human potential and the hierarchy of needs; permitting the innate need for personal growth that drives behaviors.
  - e. **Trait theories** suggest that personality is made up of a number of broad traits. A trait is defined as a relatively stable characteristic that causes an individual to behave in certain ways. Traits are best described by Hans Eysenck’s three-dimension theory and D.W. Fiske’s five factors theory of personality (which are: extraversion, agreeableness, conscientiousness, neuroticism and openness).

2. **Social development is a life long process that is dependent on social interaction and social learning that leads to cognitive development.** According to theorist, **Lev Vygotsky**, “**the distance between the actual development level as determined by independent problem solving and the level of potential development as determined through problem-solving under adult guidance or in collaboration with more capable peers**” (Riddle, E., 1999) creates the Zone of Proximal Development. Essentially, it bridges a gap between what is known and what can be known and between those gaps is when people begin to learn and develop social skills.

## D. STRESS MANAGEMENT AND COPING MECHANISMS

1. Types of stress:
  - a. Acute stress comes from recent and anticipated demands and pressures of life. It is short term and has little time to do extensive damage. **Common symptoms of acute stress are: emotional distress such as anger, irritability, anxiety and depression. It may also cause muscular and stomach problems that may lead to more severe problems such as tension headache, back pain, heartburn, acid stomach, flatulence, diarrhea, constipation and irritable bowel syndrome and transient over arousal that leads to high blood pressure** (Miller, L. and Smith, A., n.d.).
  - b. **Episodic acute stress is experienced by people who are extremely disordered and lives in chaos and crisis.** It is common for people who experience episodic acute stress to be over aroused, short-tempered, irritable, anxious and tense. The symptoms are extended over arousal that leads to persistent tension headaches, migraines, hypertension, chest pain and heart disease (Miller and Smith).
  - c. **Chronic Stress** occurs when the individual cannot escape or find a way out of a miserable situation. The demands and pressures of the stressors are unyielding and endless. Some chronic stress stems from early childhood experiences and trauma. They become internalized and remain painful to present day. Severe stressors can wear down a person’s physical and mental state; affecting their personality, view of the world and belief systems. **It may cause suicidal thoughts, self-afflicted wounds, violence, heart attack strokes and major illnesses and death** (Miller and Smith).

## E. GENERAL ADAPTATION SYNDROME

**(GAS) is used to describe the body's short-term and long-term reactions to stress.** Most individuals experience three stages in GAS. **Stage 1 is "alarm reaction" (ar), where people experience a "fight or flight" response to stress.** This prepares the body for physical activity such as a decrease in the immune system; potentially causing them to become ill. Stage 2 is "stage of resistance" (sr) and is also identified as the "stage of adaptation". If there is continued stress, the body adapts to the stressors and modifies itself in different levels to reduce the effect of the stressors without removing the stressors. **Stage 3 is "stage of exhaustion" (se). During this stage, the body's resistance to stress is reduced and causes the body's immune system to collapse.** As the body moves through these 3 stages, it becomes weaker because it allows the stressor to take over the individual's state of well-being (emotionally and physically). Those who experience long-term stress may succumb to major illness and infection (Medical Dictionary). **Human Development and Relationships**

## F. REPRODUCTION

Reproductive anatomies include the external and internal sex organs and the internal reproductive organs of both males and females.

1. A woman's external sex anatomy consists of the vulva.
 

The vulva includes:

  - a. the outer lips (labia majora)
  - b. inner lips (labia minora)
  - c. clitoris (is the spongy tissue that fills with blood during sexual excitement and becomes erect)**
  - d. clitoral hood (is the skin that covers and protects the external tip of the clitoris)
  - e. opening of the urethra (is the tube that empties the bladder and carries urine out of the body)
  - f. opening of the vagina (is located below the urethral opening where fingers, a penis or tampons can enter)
  - g. mons veneris (is the fleshy, triangular mound above the vulva).
2. **A woman's internal sex anatomy consists of the vagina (stretchable passage that connects a woman's external sex organs with the cervix and uterus, allowing for menstrual flow to leave the body, for sexual penetration and to allow a fetus to pass through**

- a. cervix (is an opening that allows menstrual blood to leave and sperm to enter and what dilates/stretches during labor)
  - b. uterus (a muscular reproductive organ)
  - c. fallopian tubes (carries eggs from the ovaries to the uterus)
  - d. fimbriae (fringe of tissue around the ostium of the fallopian tubes)
  - e. ovaries (two organs that store eggs and produces hormones)
  - f. Bartholin's glands (release fluid to lubricate the vagina)**
  - g. Grafenberg spot ("G-spot" is located 1-2 inches inside the vagina and very sensitive and swells during intercourse)
  - h. Skene's glands (release the fluid during female ejaculation) (Planned Parenthood).**
3. A man's external sex anatomy consist of the penis:
    - a. shaft (looks like a tube and is about 1-3 inches long when soft and 4-6 inches when erected)
    - b. glans (is the soft and highly sensitive part of the penis tip)
    - c. opening of the urethra (located at the tip of the penis)
    - d. foreskin (is a retractable tube of skin that cover and protects the head)**
    - e. frenulum (is where the foreskin attaches)
    - f. scrotum (is a sac of skin divided into two parts-the testicles).
  4. A man's internal sex anatomy consists of the **testicles (two ball-like glands inside the scrotum where it produces sperm, hormones, and testosterone)**
    - a. epididymis (is the tube in which stores sperms before ejaculation)
    - b. cremaster (is the muscle that automatically brings the testicles closer to the body as temperatures get colder or to the front or inner surface of the thigh when it is stimulated)
    - c. vas deferens (is a long and narrow tube that carries sperm from the epididymis to the seminal vesicles)
    - d. prostate gland (is the male G-spot, it produces a fluid that helps sperm move through the reproductive tract)
    - e. Cowper's glands (produces a fluid known as the pre-cum or pre-ejaculate)**
    - f. seminal vesicles (two small organs that produce seminal fluid)
    - g. urethra (is a tube that empties the bladder and carries urine, pre-ejaculate, and semen).

## G. CONTRACEPTION

is used to prevent unintended pregnancy. There are two major types of contraception used in the United States since 2000.

1. **First is reversible methods of birth control; intrauterine contraception (are small “T” shape devices implanted in the uterus by doctors to prevent pregnancy for 5 years (using the Levonorgestrel intrauterine system-IUS) to 10 years (using the Copper T intrauterine device-IUD),** hormonal methods (may contain estrogen and progestin in the form of implants, injection or shot, combine oral contraceptives—the pill, progestin-only pill, patch, hormonal vaginal contraceptive ring and emergency contraception).
2. The second type of contraception is the barrier methods; male condom (worn by the man to keep sperm from entering the woman’s body and are 82-98% effective) female condom (worn by the woman to keep sperm from entering her body and are 79-95% effective), **diaphragm or cervical cap (these barrier methods are placed inside the vagina to cover the cervix to prevent sperm from entering the woman’s body),** and spermicides (are used to kill sperms and comes in the forms of foam, gel, cream, film, suppository and tablets) (Centers for Disease Control and Prevention, 2012)

## H. CONCEPTION AND PREGNANCY

1. **begins when a fertilized egg is implanted in the uterus.**
2. Once an egg is released from the ovary-ovulation, the egg and sperm meet and form a single cell fertilization.
3. Pregnancy is divided into 3 trimesters (about 13 weeks per trimester).
4. Week 1-2, the egg travels down the fallopian tube toward the uterus and fertilization occurs.
5. Week 3-4, the fertilized egg divides into more cells and forms a ball that floats in the uterus for about 2-3 days and the ball of cells attaches to the lining of the uterus and implantation occurs.
6. By week 5-6, the ball of cells develops into an embryo and will last at the embryonic stage for about 5 weeks. During this time, all major internal organs begin to develop.
7. **During the third month of pregnancy, the embryo develops into a fetus after 10 weeks.**
8. The fourth month marks the beginning of the second trimester where the sex of the fetus can be determined by an ultrasound.

9. At five to six months, a fine downy hair covers the fetus' body, the skin is covered with vernix caseosa to protect the skin and bone marrows starts making blood cells and taste buds begin to form.
10. The seventh and eight months, the fetus develops more fat, its eyelids are still fused together till week 29-30. The testes begin to descend into the scrotum from the abdomen in male fetus, and the lanugo starts falling off.
11. By the ninth month, the fetus' eyes have developed enough for the pupils to constrict and dilate, and the fetus is fatter and the skin is no longer wrinkled.
12. At ten months, the fetus is ready for delivery (Planned Parenthood).

## I. ABORTION IS VERY COMMON IN 1 OUT OF 3 WOMEN.

1. Most states require that individuals under the age of 18 must have permission from one or both parents in order to abort their pregnancy.
2. There are two kinds of abortion in the U.S. in-clinic abortion and the abortion pill.
3. In-Clinic abortions are medical procedures used to end pregnancy.
  - a. **The most common is called aspiration where a hand-held suction device gently empties your uterus.** Aspiration is often used up to 16 weeks after a woman's last period.
  - b. Another common in-clinic abortion is D&E (dilation and evacuation). D&E procedures include an absorbent dilator inserted a day or a few hours before the procedure with an injection in the abdomen to ensure the fetus is demised and a medical instrument and a suction machine gently empties your uterus.
4. The abortion pill works by taking two pills, the abortion pill, and the misoprostol; they hinder hormone progesterone to line the uterus (Planned Parenthood).

## J. SEXUALITY

1. Identity and sexual orientation are fundamental parts of who we are. Regardless if we are female, male or intersex, we have a biological sex that includes our internal and external sex organs, chromosomes and hormones. Sexual orientation is a terminology used to describe a person's sexual desire for people of the same gender (homosexual), both gender (bisexual) or opposite gender (heterosexual). Sexual orientation is established before puberty and begins to develop before birth, and it is a biological factor that determines if a person is straight, gay or bisexual. There are many factors that determine your gender and gender identity.
2. **Gender is your social and legal status as female and male**, and gender identity is how you feel about your gender and how you express it (i.e. how you dress). Femininity and masculinity are factors of culture, where your feminine traits and masculine traits come from and expected behaviors associated with your cultural upbringings (Planned Parenthood).
3. Sexual response and behavior are how we react to sexual stimulation. There are 5 phases that people experience during intercourse, they are:
  - a. The "desire phase" has multiple layers of erotic and sexually arousing thoughts that come from two people becoming attracted to each other. Attraction is essentially the things that may lead to people wanting or "desiring" sexual intimacy with each other (Planned Parenthood).
  - b. **The "excitement phase" is how our bodies respond to desire and become aroused. During the excitement phase, our bodies release invisible pheromones (odors) that increase attraction** (Planned Parenthood).
  - c. The "plateau phase" is a sense of intense sexual arousal. Physical stimulation such as stroking, caressing or rubbing the erogenous zones, vaginal or anal intercourse and oral sex are in action during the plateau phase. In the plateau phase, our bodies experience rapid breathing, heart and blood pressure increasing. In a woman's body, the clitoris withdraws under the clitoral hood and areola around the nipples becomes larger and the man experiences secrete pre-ejaculation and the glans of the penis and testes becomes larger (Planned Parenthood).

- d. The “orgasm phase” happens at the end of the plateau phase. It is when the sexual and muscular tension built up is then released in a rapid series of pleasing muscular spasms in both male and female. Men are less likely than women to have full-body and multiple orgasms because they experience a refractory period (the time it takes for a man to be able to have another erection). While orgasm and ejaculation in men often occur at the same time, they are not the same. Ejaculation is a series of contractions of the prostate and seminal vesicles that move semen out of the penis. ***A man who has an orgasm and does not ejaculate experiences “retrograde ejaculation”*** (Planned Parenthood).
- e. The “resolution phase” is when the body returns to its normal state before sexual arousal. This happens whether or not someone has an orgasm.

## K. SEXUAL DYSFUNCTION

can be temporary or long-lasting, affecting a high percentage of men over age 65 that experience ED and about 43% of women with decreased sexual desire. Age, prescription medication, hormonal imbalances, drug abuse, depression, anxiety or other psychological issues, stress and certain medical conditions cause many sexual dysfunctions (University of Maryland Medical Center, 2011).

1. Sexual dysfunction covers a wide variety of problems that includes
2. erectile dysfunction (ED)
3. premature or delayed ejaculation in men
4. spasms of the vagina
5. pain with sexual intercourse
6. problems with sexual desire (libido) and response.

## L. INTIMATE RELATIONSHIPS

1. Dating, developing an intimate relationship and marriage are sources of joy and well-being for many people. Higher levels of happiness, fewer health problems, and longer life spans are results of people in healthy long-term relationships. Developing an intimate relationship is a process, and it consists of forming intellectual intimacy, experiential intimacy, emotional intimacy and sexual intimacy.

***The key to developing an intimate relationship is awareness (awareness of self-comfort/emotions) and knowledge*** (Croft, H., 2008). Marriage is the process by which two people who love each other make their relationship public, official and permanent.

2. Parenting is about establishing roles as mother and father, establishing a satisfying home for both parents and children, adjust to changes when children are at school age, fit into the community in a constructive way and balance companionship with children, career and church (FamilyBuiders.net, n.d.).

## M. HEALTHY AGING

1. Aging is a human experience that everyone will go through. It is interwoven with biological, psychological and social complexities. ***Aging is measured at different levels: the population level examines the life span of individuals; the individual organism level assesses changes in physiological- biochemical functions; the cellular level involves structural and biochemical factors; and the sub-cellular level focuses on changes in molecules*** (Continuing Psychology Education Inc, 2008).
2. Two categories cover biological theories of aging: programmed aging and random error.
  - a. Programmed aging theories are based on the belief that aging and death are built into the hard-wiring of all organisms.
  - b. Random error theories believe that aging is due to random damage to an organism over time.
3. Social theories explain changes in social relationship that occur during late adulthood and factors leading to successful aging.
  - a. Role theory allows for people to play different social roles throughout life, such as a student, daughter, or parent. Successful aging is dependent on the ability to accept the role changes common to the elder years.
  - b. Activity theory purposes that active older adults will be more satisfied and better adjusted than less active elderly. It is the idea of self-concept that validates their involvement with specific roles and characteristic during middle age.
  - c. Disengagement theory is an adaptive behavior focus theory where facilitating self-worth and tranquility while engaging in more peripheral social roles employs specific behavior.

- d. Continuity theory suggests that older adults substitute similar types of roles for lost ones, and they continue to exercise typical ways of adapting to the environment to maintain psychological continuity and social behavior and circumstances.
  - e. **Age Stratification theory postulates that as socioeconomic class stratifies societies, every society places people into categories or strata based on age, specifically young, middle-aged and old.**
4. Coping with changes varies in older adults and younger people. For example, older adults manage their emotions through more mature defense mechanisms while younger people react to psychologically demanding situations such as action out against others and projecting their anger onto others. Older adults are less likely to react in self-destructive or emotional ways, in its place, they try to understand the situation and find a way around it through problem-focused coping and other strategies.
  5. Strategies for healthy aging begin with planning for healthy aging. "Healthy aging is the development and maintenance of optimal mental, social and physical well-being and function in older adults. This will most likely be achieved when communities are safe, promote health and well-being, and use health services and community programs to prevent or minimize death" (West Virginia Rural Healthy Aging Network, 2006).

## N. DEATH AND BEREAVEMENT

1. **Elizabeth Kubler-Ross introduced the five stages of coming to terms with death.**
  - a. When individuals learn about their impending death, the first reaction is **denial**, which is the refusal of acknowledgment of the inevitable—a mistake.
  - b. **Anger** occurs as the individual becomes envious and resentful of those who continue to live
  - c. **Bargaining** is when an individual makes attempts to make amends for any wrongdoing
  - d. **depression** follows when bargaining fails and the person may experience a sense of hopelessness.
  - e. **Acceptance** of the inevitable will occur, as they come to terms with their illness (Zastrow, C., 2009).

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2. The ability to cope while grieving may involve: emotional shock, regressive behaviors, explosive emotions and acting out behavior and asking the same questions over and over. Grieving is a natural response to loss. It takes a tremendous amount of time for people to accept death, but in grieving the individual will discover ways to return to life and carry on (Compassion and Support, n.d.).

### III. SUBSTANCE USE AND ABUSE

#### A. ALCOHOL

1. Problem drinking and its related effects of dependency to alcohol are progressive. That means that it gets worse over time, and gradually the effects become more serious.
2. Alcohol dependency is marked by 3 or more of the criteria in a 12-month period, as defined by DMS IV. (Univ. of Norte Dame: Office of Alcohol and Drug Education (n.d.).)
3. When problems in drinking arrive, the individual experiences withdrawal symptoms, increased in tolerance, diminished time in activities.
4. **The goal of recovery programs and in treatment is to reduce withdrawal symptoms, prevent complications and therapy to get the individual to stop drinking (abstinence). There are 2 types of treatments: (PubMed Health, 2011). Through *inpatient programs*, people with moderate to severe symptoms of alcohol withdrawal can be treated at a hospital or other facility that treats alcohol withdrawals. With **outpatient programs**, people who have mild to moderate alcohol withdrawal symptoms, can be treated in an outpatient setting but will need to visit health care provider until symptoms of alcoholism/withdrawals have dissipate. There are several recovery problems such as Alcohol Anonymous, Adult Children of Alcoholics, Al-Anon, Alateen and Alcoholic Parents.**

#### B. TOBACCO

1. According to the National Institute on Drug Abuse, nicotine is highly addictive.
2. The tar in cigarettes increases a smoker's risk of lung cancer, emphysema, and bronchial disorders.
3. The carbon monoxide in smoke increases the chance of cardiovascular diseases.
4. **Smokeless tobacco products come in two forms: snuff and chewing tobacco.**
  - a. Snuff is a fine-grain tobacco that often comes in teabag-like pouches that are placed between the lower lip and gum.

- b. Chewing tobacco comes in shredded, twisted or bricked tobacco leaves that users put between their cheek and gum. The direct contact with the gum is absorbed into the bloodstream through the tissues in your mouth. Smokeless tobacco has the same effects as smoking tobacco (Dowshen, S., 2011).
5. The use of tobacco took on new social meanings as it was marketed to fulfill psychosocial needs such as attaining independence or being part of a “cool” trend. This has led to a high consumption and devastating health effects.
6. ***The enabling factors that cause someone to smoke are the ability to acquire cigarettes and having a setting that is conducive to lighting up. Peer groups play an important role in the influence, uptake, and maintenance of smoking.*** Spending time with peers, who smokes, provides ample opportunities to reinforce smoking behavior such as a “cigarette break” during work, or having one after food and drinks or at social events.
7. According to the World Health Organization, a major issue with smoking tobacco/nicotine is that its addiction is higher than any other drugs (Dovell, R., 2002).
8. Nicotine replacement therapies such as nicotine gum and transdermal nicotine patches are used to relieve withdrawal symptoms. The medication approach generally provides users with lower overall nicotine levels.
9. Behavioral interventions play a major role smoking cessation (in conjunction with medication). Methods such as self-help materials and individual cognitive-behavioral therapy, teaches individuals to recognize high-risk smoking situations and help them develop coping and managing strategies to improve problem-solving skills; all while increasing their social support. (National Institute on Drug Abuse, 2011).

## C. OTHER DRUGS

Drugs are classified into 5 schedules. The Federal Drug Classification Schedules includes:

1. Schedule I: high potential for abuse is not currently accepted for medical use in treatment, and there is a lack of accepted safety for use of drug or substance under medical supervision.

2. **Schedule II: high potential for abuse is currently accepted for medical use in treatment but with severe restriction and abuse of drug or substances may lead to severe psychological and physical dependence.**
3. Schedule III: high potential for abuse less than the drugs in schedule I and II, is currently accepted for medical use in treatment and abuse of drug or substances may lead to moderate or high psychological and low physical dependence.
4. Schedule IV: low potential for abuse relative to drugs in Schedule III, is currently accepted for medical treatment and abuse of drug may lead to limited dependence or psychological dependence relative to drugs in schedule III.
5. Schedule V: low potential for abuse relative to the drugs in schedule IV, currently accepted for medical use in treatment and abuse of the drug may lead to limited physical or psychological dependence relative to drugs in schedule IV.
6. The influence of drugs varies for different drugs. However, the over consensus is to attain feelings of euphoria, increased burst of energy, and a sense of "high". **The use of drugs affects the nervous system causing an increase of dopamine in the mesolimbic area of the brain, which allows the users to experience different feelings, emotions and visual effects.** Many psychoactive drugs such as; GHB, Ketamine, Ecstasy, and Rohypnol causes mental stimulation, wakefulness, enhanced sensory perception and increase physical energy.
7. Treatment programs are tailored to suit the person's circumstances and involve several methods that range from abstinence, harm reduction, counseling, detoxification, and medication.
8. Substance-use behavior is defined as a pattern of maladaptive substance use that is associated with recurrent and significant adverse consequences and is characterized by the following symptoms:
9. Tolerance of the substance, deprivation of the substances causing physical and emotional stress, increased consumption, lack of ability to stop using, large amounts of time devoted to obtaining the substance and achieving desired effect, abandonment of daily activities and continued use of the substance.

## IV. FITNESS AND NUTRITION

### A. GOOD NUTRITION AND ITS EFFECTS

1. **Physical fitness is the ability to function effectively throughout the workday, performing the usual activities and still having enough energy left over to handle any extra stresses or emergencies that may occur.** It is defined by how well the body performs in each of the five components of physical fitness as a whole. The five components include: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition (Somerville, 2006).
  - a. Cardiorespiratory endurance is the efficiency with which the body delivers oxygen and nutrients needed for muscular activity and transports waste products from the cells.
  - b. Muscular strength is the greatest amount of force a muscle or muscle group can exert in a single effort.
  - c. Muscular endurance is the ability of a muscle or muscle group to perform repeated movements with a sub-maximal force for extended periods of time.
  - d. Flexibility is the ability to move the joints or any group of joints through an entire, normal and range of motion.
  - e. Body composition is the percentage of body fat a person has in comparison to his or her total body mass (Somerville).
2. **Improvement in cardiorespiratory endurance, muscular strength, and muscular endurance will create a positive impact on the body composition mentally and physically.** Through vigorous exercise such as jogging, cycling, swimming, doing bench press, and leg press or bicep curls will help your body develop endurance, reduce heart related illnesses, reduce anxiety and depression and live longer and healthier lives.
3. Good nutrition entails eating a variety of different foods in combinations that provide both necessary nutrients and good blood sugar control. Food contains nutrients and energy, which becomes the building blocks of the body. It contains energy, which is measured in calories. These calories can come from carbohydrates, protein, fats and alcohol.

4. ***Carbohydrates are the primary source of energy and can be found in starches in breads, cereals, and most vegetables and in sugars found in fruits and milk.*** While some are better than others, carbohydrates tend to slowly raise blood glucose and contain a variety of vitamins, minerals and fiber. Proteins are used to build and repair the body. Proteins are found in meats, fish, poultry, cheese, milk, eggs, and nuts and break down into energy. Fats contain a large number of calories and are a form of stored energy that is broken down at a later time. You can find fats in oils, margarine, butter, meat and salad dressing. Alcohol has calories, but little nutritional value and causes the blood sugar level to be reduced (Magic Kitchen, 2010).
5. ***The science behind weight loss is a simple equation that necessitates that you create a deficit in the calories you need versus the calories you use.*** Weight loss or control success is dependent on knowing how many calories you need. Calorie needs are based on the day-to-day activity level in reference to your current weight and height. By creating a deficit in calories, you can use your fat as fuel to help you decrease your fat storage and turn it into a weight loss. It takes 3,500 calories to burn one pound, this means creating a successful deficit of 500-1,000 calories each day for one week. However, losing weight and keeping it off is a balancing act. The only way to balance your weight is to follow specific food pyramids to help you maintain healthy and normal weight. Dietary concerns may include daily vegetables, fruits, grains, meat, beans, fish, nuts, eggs, soy, milk, and oil intake (Stephens, P. 2010).

## V. RISK FACTORS, DISEASE, AND DISEASE PREVENTION

### A. INFECTIOUS DISEASES,

including sexually transmitted diseases; prevention and control

1. ***Infectious diseases are a biological agent such as a virus; bacterium or parasite.*** It is the invasion of a host organism by a foreign replicator known as microbes. They are contagious and can easily be transmitted from one person to another (Metro Health, n.d.).
2. Many infectious diseases include sexually transmitted diseases such as Bacterial Vaginosis, Chlamydia, Gonorrhea, Hepatitis-Viral, Herpes, HIV/AIDS & STD, Human Papillomavirus, Pelvic Inflammatory Disease, Syphilis, and Trichomoniasis.
3. The only outlets to cure infectious diseases are through vaccination and preventative measures such as the use of condoms and disposal of used syringes.

### B. THE CARDIOVASCULAR SYSTEM

1. Cardiovascular diseases includes a large number of conditions affecting the structures or the function of the heart that may include: coronary artery disease, abnormal heart rhythms or arrhythmias, heart failure, heart valve disease, congenital heart disease, heart muscle disease, pericardial disease, aorta disease and vascular disease. They are the leading cause of death for both women and men in the U.S. (WebMD, n.d.).
2. ***Cardiovascular diseases are essentially plaque buildup in the walls of the arteries or atherosclerosis.*** When plaque builds up, the arteries become narrow, making it more difficult for blood to flow and creates a risk of heart attack or strokes. Three health-related behaviors of such chronic diseases are tobacco use, lack of physical activity and poor nutrition. Modifying these behaviors may prevent and control heart diseases (Medicine Net, 2004).

## C. TYPES OF CANCER

1. ***Cancer is a term used for diseases in which abnormal cells divide without control and are able to invade other tissues.*** Cancer is an accumulation of many diseases. There are over 100 different types of cancer. Most cancers are grouped into broader categories:
  - a. Carcinoma cancer begins in the skin or in tissues that line or cover internal organs.
  - b. Sarcoma cancer begins in the bone, cartilage, fat, muscle, blood vessels or connective or supportive tissue.
  - c. ***Leukemia cancer starts in blood-forming tissues such as the bone marrow and causes large numbers of abnormal blood cells to be produced and enter the blood.***
  - d. Lymphoma and myeloma cancers begin in the cells of the immune system. Central nervous system cancers begin in the tissues of the brain and spinal cord (National Cancer Institute (NCI), n.d.).
2. In all cancers, it begins at the cell. Cells grow and divide in a controlled way to produce more cells to keep the body healthy. When cells become old or damaged, they die and are replaced with new cells. DNA of a cell can become damaged or changed, producing mutations that affect normal cell growth and division. When a mutation occurs, cells do not die when they should, and new cells form when the body does not need them. These cells form a mass of tissue called a tumor. However, not all tumors are cancerous; tumors can be benign (non-cancer) or malignant (cancerous) (NCI).
3. Cancer can be found before they cause symptoms. Screening for cancer can help doctors find and treat some types of cancer early. Prevention is defined as the reduction of cancer mortality via reduction in the incidence of cancer. This can be accomplished by avoiding a carcinogen or altering its metabolism; pursuing lifestyle or dietary practices that modify cancer-causing factors or genetic predispositions; medical intervention or early detection strategies that can result in removal of precancerous lesions. Treatment for cancers may involve chemotherapy, radiation therapy, surgery and transplantation (NCI).

## D. IMMUNE DISORDERS

1. **Immune system disorders cause abnormally low activity or over-activity of the immune system. In immune system over-activity, the body attacks and damages its own tissues.** Immune deficiency diseases decrease the body's ability to fight invaders, causing vulnerability to infections (Martin, L., 2010).

## E. DIABETES, ARTHRITIS, AND GENETIC RELATED DISORDERS

1. Diabetes occurs when blood sugar or glucose levels may be elevated if the pancreas is producing little or no insulin (type 1 diabetes) or if the body is not responding normally to insulin (the 2 diabetes) (Ratini, M., 2012).
2. Arthritis occurs when there is a loss of cartilage, bone spurs or when bones are rubbing against each other. Treatment includes occupational or physical therapy, exercise, drugs and corrective surgery (Zelman, D., 2012).
3. Genetic disorder is a disease that is caused by an abnormality in an individual's DNA. It can range from a small mutation in a single gene to the addition or subtraction of an entire chromosome or sets of chromosomes (Letsou, A., n.d.).
4. Neurological disorders are diseases of the brain, spine and the nerves that connect to the nervous system. It may cause brain tumors, epilepsy, Parkinson's disease and stroke and front temporal dementia (UCSF Medical Center, n.d.).

## VI. SAFETY, CONSUMER AWARENESS, AND ENVIRONMENTAL CONCERNS

### A. SAFETY

1. Accidents are unplanned and sudden events that result in damages to property or person. Accidents are classified into the following types: auto, boat and water accidents, train, tram and plane, slips, trips and fall, wrongful death/clinical negligence, work and factory accidents, defective and dangerous products, dog/snake bites and horse/animal accidents, good poisoning, assaults, hijacking and sport injury. In order to prevent accident and injury, ask for training, learn from your mistakes as well as others, identify hazards and communicate needs.
2. There are various first aid techniques to assist with burns, bleeding, bone-joint and muscle problems, medical emergencies, allergic reactions and poisoning, respiratory problems, and resuscitation. Techniques may include applying pressure and elevating the wound to stop bleeding, or provide reasonable amount of water to rehydrate someone who is experiencing heat exhaustion or evaluating the basics: Is the individual awake? Is the individual breathing? And lastly, continue with care until aid arrives (Brouhard, R., 2011).

### B. CONSUMER AWARENESS

1. **Medicare: is a health insurance program for (1) people age 65 or older, (2) people under age 65 with certain disabilities and (3) people of all ages with End-Stage Renal Disease** (Center of Medicare and Medicaid Services, (CMMS) n.d.). According to the Chartered Retirement Planning Counselor (2011), there are 4 parts to Medicare:
  - a. **Part A: helps pay in-hospital insurance.**
  - b. Part B: covers physician's and outpatient expenses.
  - c. Part C: is a Medicare Advantage Plan covers all of Part A and Part B and some Part D.
  - d. Part D: provides prescription drug coverage.
2. Medicaid: is available only to people with limited income. The individual must meet certain requirements in order to be eligible for Medicaid. Some of these requirements include: children, pregnant women, parents, seniors and individuals with disabilities (CMMS).

3. Prescription drugs are medicines that are legitimately prescribed by doctors to treat a variety of health conditions. When taken under a doctor's supervision, these drugs can be beneficial. However, when they are abused or misused, the results can be dangerous and deadly. Over-the-counter drugs are products that are available at supermarkets, drugstores and convenience stores. These drugs are not prescribed and can be dangerous if abused (Above the Influence, n.d.).

## C. ENVIRONMENTAL CONCERNS

1. Human population growth is growing at about 1.5% annually, 89 million people per year. It is likely that the human population will continue to increase.
2. The recent growth has resulted in damage to the biosphere. More damage is done to the earth to support a person living a highly industrialized lifestyle than to support one living pre-technical-agricultural or a hunter-gatherer lifestyle.
3. Increase in human population has led to deforestation (unsustainable harvesting of potentially renewable sources), rapid mining of non-renewable resources, pollution and other ecological damages (Science Encyclopedia, n.d.).

## PRACTICE EXAM

1. \_\_\_\_\_ is identified as a sense of well-being and quality of life.
  - a. Health
  - b. Lifestyle
  - c. Spirituality
  - d. Wellness
  
2. \_\_\_\_\_ are ways an individual typically lives and are patterns of behavior.
  - a. Health
  - b. Lifestyle
  - c. Spirituality
  - d. Wellness
  
3. Improvement of health is defined by *all except*:
  - a. Mental health is an integral part of health
  - b. Mental health is more than the absence of mental illness
  - c. Mental health is intimately connected with physical health and behaviors
  - d. Mental health is self-understand and resignation
  
4. Which uses emotional and cognitive capabilities to cope and adjust to living an ordinary life in order to function in life?
  - a. Mental illness
  - b. Mental health
  - c. Mental psychological
  - d. Mental retardation
  
5. Hans Eysenck suggested that genetics are responsible for personality, which theory does this apply to?
  - a. Behavioral
  - b. Biological
  - c. Psychodynamic
  - d. Personality
  
6. Which theory emphasized on self-understanding and resignation?
  - a. Behavioral
  - b. Humanist
  - c. Psychodynamic
  - d. Personality

7. B.F. Skinner was known for what type of method of learning?
  - a. Reward and operant
  - b. Reward and punishment
  - c. Reward and reinforcement
  - d. Reward and learning
  
8. Which personality trait is responsible for all needs and urges?
  - a. Ego
  - b. Id
  - c. Superego
  - d. Superid
  
9. \_\_\_\_\_ is a life- long process that is dependent on social interaction and social learning that leads to cognitive development.
  - a. Humanist
  - b. Mental health
  - c. Trait
  - d. Social development
  
10. Who stated that “the distance between the actual development level as determined by independent problem-solving and the level of potential development as determined through problem-solving under adult guidance or in collaboration with more capable peers?”
  - a. Carl Rogers
  - b. Abraham Maslow
  - c. D.W. Fiske
  - d. Lev Vygotsky
  
11. Those who experience extreme disorder and lives in chaos and crisis, will encounter what type of stress?
  - a. Acute
  - b. Episodic
  - c. Chronic
  - d. GAS

12. Common symptoms of acute stress may lead to what types of problems?
- Back pain
  - Heartburn
  - Acid stomach
  - Constipation
  - All of the above
13. This type of stress may cause suicidal thoughts, self-afflicted wounds, and violence.
- Acute
  - Chronic
  - Episodic
  - GAS
14. \_\_\_\_\_ is used to describe the body's short-term and long-term reactions to stress.
- General Adaptation Syndromes
  - General Adaption Stages
  - Stage of Adaptation
  - Stage of Exhaustion
15. People experience a "fight or flight" response to stress in which GAS stage?
- Stage 1
  - Stage 2
  - Stage 3
  - Stage 4
16. The body's resistance to stress is reduced and causes the body's immune system to collapse during which stage?
- Alarm reaction
  - Stage of Resistance
  - Stage of Exhaustion
  - Stage of Stressors
17. A spongy tissue that fills with blood during sexual excitement and becomes erect is known as \_\_\_\_\_.
- Vulva
  - Clitoris
  - Vagina
  - Uterus

18. The release of fluid to lubricate the vagina is known as \_\_\_\_\_.  
a. Fimbriae  
b. Bartholin's glands  
c. Grafenberg spot  
d. Skene's glands
19. A woman's internal sex anatomy consists of the vagina and the cervix, what can happen within those internal sex anatomies?  
a. It connects a woman's external sex organs with the cervix and uterus  
b. Allows for menstrual flow to leave the body  
c. Used for sexual penetration  
d. Allows a fetus to pass through  
e. All of the above
20. A retractable tube of skin that covers and protects the head of the penis.  
a. Glans  
b. Foreskin  
c. Frenulum  
d. Scrotum
21. Testicles are \_\_\_\_\_.  
a. Are two ball-like glands inside the scrotum  
b. A tube in which stores sperms before ejaculation  
c. A long narrow tube that carries sperm from the epididymis to the seminal vesicles  
d. A tube that empties the bladder and carries urine, pre-ejaculate and semen
22. The production of fluid known as the pre-cum occurs in what internal anatomies for men?  
a. Prostate gland  
b. Vas deferens  
c. Cowper's glands  
d. Urethra
23. Small "T" shape devices implanted in the uterus by doctors to prevent pregnancy from 5 to 10 years is known as \_\_\_\_\_.  
a. Intrauterine Device  
b. Intrauterine Contraception  
c. Intrauterine Pills  
d. Intrauterine Implant

24. A diaphragm or cervical cap is a type of contraception used in the barrier methods, what can it prevent?
- It's placed inside the vagina to cover the cervix to prevent sperm from entering the body
  - Is used to kill sperms and comes in the forms of foam, gel or tablets
  - Worn by men to keep sperm from entering the women's body
  - Worn by women to keep sperm from entering the women's body
25. When does conception and pregnancy begin?
- When the egg divides into multiple cells
  - When the egg forms a ball, that floats in the uterus
  - When a fertilized egg is implanted in the uterus
  - When a sperm enters the woman's vulva
26. The embryo develops into a fetus during what week of pregnancy?
- Week 7
  - Week 8
  - Week 9
  - Week 10
27. The most common type of abortion is known as \_\_\_\_\_.
- Abortion Pill
  - Aspiration
  - Dilation and evacuations
  - Absorbent Dilator
28. Your social and legal status as female and male.
- Femininity and masculinity
  - Gender
  - Sexual orientation
  - Identity
29. Which statement best describes the "excitement phase" of sexual response?
- Attraction is essentially the things that may lead people wanting or desiring sexual intimacy
  - An intense of sexual arousal
  - Our bodies release invisible pheromones that increase attraction
  - Our bodies experience rapid breathing and an increase in heart and blood pressure.

30. A man who has an orgasm and does not ejaculate experiences \_\_\_\_\_.  
a. Prostate ejaculation  
b. Retrograde ejaculation  
c. Seminal ejaculation  
d. Muscular ejaculation
31. What is the key to developing an intimate relationship?  
a. Awareness  
b. Communication  
c. Intimacy  
d. Vacation
32. Aging is measured at different levels; those levels include all except:  
a. The life span of individuals  
b. The individual organism level  
c. The cellular level that involves structural and biochemical factors  
d. External levels of molecules
33. This theory states that socioeconomic class stratifies societies, every society places people into categories or strata based on age, specifically young, middle-aged and old.  
a. Disengagement theory  
b. Continuity theory  
c. Age stratification theory  
d. Activity theory
34. Who introduced the Five Stages of Coming to Terms with Death?  
a. B.F. Skinner  
b. Carol Rogers  
c. Elizabeth Kubler-Ross  
d. Sigmund Freud
35. People with moderate to severe symptoms of alcohol withdrawal can be treated at a hospital.  
a. Inpatient programs  
b. Outpatient programs  
c. Recovery programs  
d. Withdrawal Programs

36. A product that is known as snuff and chewing tobacco.
- Cigarettes
  - Nicotine
  - Smokeless tobacco
  - Tobacco reduction
37. What enables someone to smoke?
- The ability to acquire cigarettes
  - Creating a setting that may be conducive to lighting up
  - Peer groups
  - All of the above
38. How does the use of drugs affect the nervous system?
- An increase in dopamine
  - A decrease in dopamine
  - An increase in stimulation
  - An increase in physical energy
39. An individual will be classified under which schedule if the drug or substance they are using has severe restriction and may lead to severe psychological and physical dependence?
- Schedule I
  - Schedule II
  - Schedule III
  - Schedule IV
  - Schedule V
40. The ability to function effectively throughout the workday, performing the usual activities and still having enough energy left over to handle any extra stresses or emergencies that may occur.
- Physical Health
  - Physical Fitness
  - Optimal Health
  - Optimal Fitness
41. In order to create a positive impact, mentally and physically, on the body composition improvements in \_\_\_\_\_ is needed.
- Cardiorespiratory endurance
  - Muscular strength
  - Muscular endurance
  - All of the above

42. \_\_\_\_\_ are the main source of energy and can be found in starches in bread, cereals, vegetables and in fruits and milk.
- Carbohydrates
  - Proteins
  - Fats
  - Oils
43. Creating a deficit in calories you need versus the calories you use allows for \_\_\_\_\_.
- Healthy living
  - Weight loss
  - Weight gain
  - Muscular endurance
44. What are infectious diseases?
- Biological agents
  - Biological replicator
  - Microbes
  - Plaque buildup in the body
45. What are cardiovascular diseases?
- Biological agents
  - Biological replicator
  - Microbes
  - Plaque buildup on the walls of the arteries or atherosclerosis.
46. The abnormal cells that are divided without control and invade other tissues and creates a tumor that becomes \_\_\_\_\_.
- Cancer
  - Infection
  - Diseases
  - Malignancy
47. Cancer that starts in the blood-forming tissues such as the bone marrow and causes large number of abnormal blood cells to be produced and enters the blood.
- Carcinoma
  - Sarcoma
  - Leukemia
  - Lymphoma

48. Abnormally low activity or over-activity of the immune system is known as what type of disorder?
- a. Arthritis
  - b. Diabetes
  - c. Genetics
  - d. Immune system
49. Medicare is a health insurance program for all except:
- a. People with limited income
  - b. People age 65 or older
  - c. People under age 65 with certain disabilities
  - d. People of all ages with End-Stage renal Disease
50. Helps pay in-hospital insurance.
- a. Part A
  - b. Part B
  - c. Part C
  - d. Part D

## ANSWER KEY

1. D) Wellness
2. B) lifestyle
3. D) Mental health is self-understanding and resignation
4. B) Mental Health
5. B) Biological
6. D) Personality
7. B) Reward and punishment
8. B) id
9. D) social development
10. D) Lev Vygotsky
11. B) Episodic
12. E) All of the above
13. B) Chronic
14. A) General Adaptation Syndromes
15. A) Stage 1
16. C) Stage of exhaustion
17. B) Clitoris
18. B) Bartholin's glands
19. E) all of the above
20. B) foreskin
21. A) are two ball-like glands inside the scrotum
22. C) Cowper's glands
23. B) Intrauterine Contraception
24. A) it's placed inside the vagina to cover the cervix to prevent sperm from entering the body
25. C) when a fertilized egg is implanted in the uterus
26. D) week 10
27. B) aspiration
28. B) Gender
29. C) our bodies release invisible pheromones that increase attraction
30. B) retrograde ejaculation
31. A) awareness
32. D) external levels of molecules
33. C) Age stratification theory
34. C) Elizabeth Kubler-Ross
35. A) impatient programs
36. C) smokeless tobacco
37. D) all of the above
38. A) an increase in dopamine
39. B) Schedule II
40. B) Physical fitness
41. D) all of the above
42. A) carbohydrates
43. B) weight loss
44. A) biological agents
45. D) plaque buildup in the walls of the arteries or atherosclerosis
46. A) Cancer
47. C) leukemia
48. D) immune system
49. A) people with limited income
50. A) part A

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