

# FRESHMAN HEALTH CRT STUDY GUIDE

## UNIT 1 PACKET – INTRODUCTION TO HEALTH

1. How can a person maintain quality of life? (pg. 2)
  - a. Healthy nutritional habits to maintain healthy body weight
  - b. Regular physical activity and adequate sleep
  - c. Avoidance of alcohol, tobacco and other drug abuse
  - d. All the above are ways a person can maintain a quality of life
2. Your body must be well nourished in order to achieve \_\_\_\_\_.(pg. 4)
  - a. Illness
  - b. Wellness
  - c. Success
  - d. failure
3. \_\_\_\_\_ can strengthen the body's resistance to bacteria and viruses.
  - a. Diet and exercise
  - b. Hand sanitizer
  - c. Pigging out on junk food
  - d. Not taking care of yourself
4. Self-esteem \_\_\_\_\_ between childhood and adolescents.(pg. 38)
  - a. Increases
  - b. Decreases
  - c. Stays the same
  - d. Doesn't affect individuals
5. Which of the following are components of health? (pg. 3)
  - a. Physical health
  - b. Mental health
  - c. Social health
  - d. All are components of health
6. Bulimia is characterized by \_\_\_\_\_ and \_\_\_\_\_.(pg. 92)
  - a. Binging only
  - b. Purging only
  - c. Binging and purging
  - d. Fasting
7. A person who starves themselves is suffering from \_\_\_\_\_.(pg. 90)
  - a. Bulimia
  - b. Anorexia
  - c. Binge eating
  - d. None of the above
8. Your behaviors, attitudes and feelings define your \_\_\_\_\_.(pg. 30)
  - a. Personality
  - b. Body image
  - c. Body fat
  - d. Fitness level
9. What should you do if a friend is thinking about or has threatened suicide? (pg. 98)
  - a. Tell someone
  - b. Listen to what they are saying, do not take it as a joke
  - c. Trust your feelings
  - d. All of the above are things you should do if you have a friend that has threatened suicide
10. People that are comfortable with themselves and others are considered to be: (pg. 3)
  - a. Mentally healthy
  - b. Mentally unstable
  - c. Socially unstable
  - d. depressed
11. Which of the following is NOT an effective way to deal with stress? (pg. 71-73)
  - a. Find a quiet place to relax and reflect
  - b. Talk about it with a friend
  - c. Take out your stress on a friend by yelling at them
  - d. Find a healthy way to relieve your stress by exercising, reading, or shopping
12. Feeling sad or hopeless for months is defined as \_\_\_\_\_.(pg. 94)
  - a. Clinical depression
  - b. Enthusiasm
  - c. Bad mood
  - d. Wellness

# Final Exam Study Guide

**Ray Holder**



## **Final Exam Study Guide:**

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### **Table of Contents Final Exam Study Guide**

1. Understanding the eBook Final Exam Study Guide
  - The Rise of Digital Reading Final Exam Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Final Exam Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Final Exam Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Final Exam Study Guide
  - Personalized Recommendations

- Final Exam Study Guide User Reviews and Ratings
- Final Exam Study Guide and Bestseller Lists
- 5. Accessing Final Exam Study Guide Free and Paid eBooks
  - Final Exam Study Guide Public Domain eBooks
  - Final Exam Study Guide eBook Subscription Services
  - Final Exam Study Guide Budget-Friendly Options
- 6. Navigating Final Exam Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Final Exam Study Guide Compatibility with Devices
  - Final Exam Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Final Exam Study Guide
  - Highlighting and Note-Taking Final Exam Study Guide
  - Interactive Elements Final Exam Study Guide
- 8. Staying Engaged with Final Exam Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Final Exam Study Guide
- 9. Balancing eBooks and Physical Books Final Exam Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Final Exam Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Final Exam Study Guide
  - Setting Reading Goals Final Exam Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Final Exam Study Guide
  - Fact-Checking eBook Content of Final Exam Study Guide

- Distinguishing Credible Sources

### 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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