

HIO1 Health Fitness and Wellness Exam Version 1

Section: Applied Healthcare & Health Fitness • Total Questions: 10 • Format: Verified Q&A

1. A 26-year-old individual has sudden symptoms of numbness in one arm, difficulty speaking, and blurred vision. Which condition causes these symptoms?

- (A) Epilepsy
 - (B) Heart attack
 - (C) Metabolic syndrome
 - (D) Stroke
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2. Creating a system for organizing notes to make studying for assessments more effective is an example of which SEL competency?

- (A) Self-awareness
 - (B) Self-management
 - (C) Communication and leadership
 - (D) Social awareness
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3. A successful tennis player loses a first tournament. Despite the setback, the player is confident more training will lead to winning the next competition. Which mental health strategy is being employed?

- (A) Meet self needs
 - (B) Avoidance
 - (C) Optimism
 - (D) Pursue happiness
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4. Which scenario is an example of lifelong executive function?

- (A) Watching instructional videos about various functions of a software program
 - (B) Reviewing questions on an assessment that were answered incorrectly
 - (C) Renewing an annual membership to a business organization
 - (D) Reusing a research paper for several courses
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5. Which term categorizes vitamins and minerals?

- (A) Micronutrients
 - (B) Macronutrients
 - (C) Antioxidants
 - (D) Essential amino acids
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6. Learning how to interpret others' body language is an example of which SEL competency?

- (A) Social awareness
 - (B) Self-management
 - (C) Self-awareness
 - (D) Executive function
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7. Which of the following contribute to a healthy diet?

- (A) Consuming three-ounce equivalents or more per day of whole-grain foods
 - (B) Limiting intake of added sugars and salt
 - (C) Allocating over 20% of daily calories to saturated fatty acids
 - (D) Choosing a variety of fruit and vegetables each day
 - (E) Consuming whole-milk products after childhood
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8. Scheduling a team dinner for after sunset to accommodate several team members who are fasting during daylight hours is an example of which SEL competency?

- (A) Self-management
 - (B) Social awareness
 - (C) Self-awareness
 - (D) Communication and leadership
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9. Which of the following are common indicators of substance abuse?

- (A) Fixation with specific tasks or processes
 - (B) Reduced attention to physical appearance or hygiene
 - (C) Intermittent periods of high energy and fatigue
 - (D) Sudden or dramatic changes in mood or disposition
 - (E) Uncharacteristic isolation or antisocial behavior
 - (F) Increased obsession with body image
 - (G) Inability to focus or concentrate on specific tasks
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10. Which of the following behaviors may indicate substance abuse?

- (A) Increasing secretiveness and isolation
- (B) Increasing time on the Internet
- (C) Declining school or job performance
- (D) Changing friends or peers abruptly
- (E) Fixating on specific tasks or processes