

HIO1 Health Fitness and Wellness Exam Version 2

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

1. Maintaining a positive attitude after failing an assessment is an example of which SEL competency?

- (A) Executive function
 - (B) Communication and leadership
 - (C) Self-management
 - (D) Social awareness
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2. Which sleep stage is characterized by fluctuations between light sleep and wakefulness?

- (A) Stage 3
 - (B) REM
 - (C) Stage 2
 - (D) Stage 1
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3. Which of the following is a common emotional response in a person with a terminal illness?

- (A) Passion
 - (B) Jealousy
 - (C) Hysteria
 - (D) Fear
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4. Which category of drugs do K2, spice, and bath salts belong?

- (A) Stimulants
 - (B) Depressants
 - (C) Cannabinoids
 - (D) Synthetic
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5. Which of the following contribute to a healthy diet?

- (A) They are good sources of iron, which increases the absorption of fat into the red blood cells
 - (B) They provide glucose, which is the only source of energy used by the brain
 - (C) They provide thiamin, which is necessary for carbohydrate metabolism
 - (D) They are good sources of calcium and protein, which are needed for bone and tissue growth
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6. A 26-year-old individual has sudden symptoms of numbness in one arm, difficulty speaking, and blurred vision. What will be the first noticeable health benefit of this regimen?

- (A) Decreased sleep
 - (B) Increased total cholesterol
 - (C) Reduced risk of chronic disease
 - (D) Elevated mood
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7. Talking about one's relevant work experience in a study group in order to help fellow students is an example of which SEL competency?

- (A) Communication and leadership
 - (B) Self-management
 - (C) Social awareness
 - (D) Self-awareness
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8. Using face-to-face employee reviews to gain a better understanding of the employee's feelings and perspective is an example of which SEL competency?

- (A) Executive function
 - (B) Social-awareness
 - (C) Self-awareness
 - (D) Communication and leadership
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9. A 40-year-old female is often thirsty and urinates frequently. The individual sometimes experiences blurred vision and tingling in the hands and feet. The individual is tired and weak. Which condition causes these symptoms?

- (A) Ovarian cancer
 - (B) Breast cancer
 - (C) Diabetes
 - (D) Heart attack
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10. Which sleep stage is characterized by faster and irregular heart rate and is the stage when most dreams occur?

- (A) REM
 - (B) Stage 2
 - (C) Stage 3
 - (D) Stage 1
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