**HEALTH FINAL EXAM REVIEW**

1. **List three uncontrollable risk factors that influence health. pages 11 -14**
2. *age*
3. *heredity*
4. *sex*
5. *race*

**Which one do individuals have the LEAST control over?** *heredity*

1. **List four risk behaviors. page 16 & 17**
2. *carrying a weapon*
3. *using drugs and alcohol*
4. *sexual behaviors that lead to HIV infection and unintended pregnancy*
5. *behaviors that contribute to unintentional injuries and violence*
6. *tobacco use*
7. *inadequate physical activity*
8. *unhealthy dietary behaviors*
9. **Getting regular check-ups at the doctor would be an example of ? page 18**
10. *prevention*
11. cumulative risk
12. abstinence
13. risk-behavior
14. **List three things that included in a medical history: page 794**
15. *any health conditions that you have now*
16. *major physical or psychological problems that you have had in the past*
17. *all medicines that you are taking*
18. *any allergies to food or medicine*
19. *any health problems that run in the family*
20. *your lifestyle and habits*
21. **Name 3 reasons why should a person schedule regular health screens or medical check-ups?**
22. *to screen for health problems such as scoliosis*
23. *to check overall physical development*
24. **Name 2 health related problems one would experience if they were suffering from sleep deprivation?**
25. *stress related problems*
26. *increased risk for getting sick*
27. **What should be your concern if you were got a tattoo from an unlicensed tattoo artist? page 671**

*infected needles*

1. **True or False: The potential health consequence of a popular fad diet (such as the Adkins Diet) is that the weight loss can be rapid but it is often difficult to maintain. page 298**

**DEFINE THE FOLLOWING TERMS:**

1. **risk behaviors –page 16** *actions that can potentially threaten your health or the health of others*
2. **cumulative risks – page 18** *related risks that increase in effect with each added risks.*
3. **specialists – page 792** *medical doctors who focus on particular kinds of patients or particular medical conditions*
4. **heredity – page 11** *all traits that were biologically passed on to you by your parents*
5. **values – page 41** *the ideas, beliefs, and attitudes about what is important, that help guide the way that you live.*
6. **primary care physician – page 792** *a medical doctor who providesphysical check-ups and general care.*
7. **Living in an environment with a high level of pollution has been linked to what chronic disease? page 800 – 803** *lung cancer*
8. **True or False: Growing up in an environment where exercising daily plays a significant role and where the family sits down for a home cooked meal at dinner will help to make a person’s development of lifelong healthy habits easier and thus make one a healthier adult.**
9. **List three ways to improve self-esteem. page 68**
10. *avoid criticizing yourself or spend time with people who criticize you*
11. *set realistic expectations, don’t expect to be perfect in everything*
12. *choose friends who value and respect you*
13. *focus on the positive aspects about yourself*
14. *use positive self-talk*
15. *work toward accomplishments rather than perfection*
16. *Consider your mistakes learning opportunities*
17. *Try new activities to discover your talents*
18. *Write down your goals and the steps you take to achieve them*
19. *Exercise regularly to feel more energized*
20. *volunteer your time to help others*
21. *accept things that you can not change, focus your energy on changing the things you can*
22. **True or False: A teen with poor self-esteem can never change or improve his/her level of self-esteem. page 69**
23. **Give an example of positive self-talk: page 68**

*After getting cut from the basketball team, Jamal reminds himself of the success he had on the football team.*

1. **List two healthful ways to deal with emotions: pages 80 - 82**
2. *do something to relax*
3. *channel your energy in a different direction- like writing about your emotions in a diary or journal*
4. *talk with someone you trust*
5. **Give an example of positive stress: page 93**

*Being motivated to perform well before an athletic event*

1. **Name 2 things that can you do to deal with anxiety over taking a test? page 98**
2. *study a little each night – plan ahead*
3. *outline, highlight, and number important points to remember*
4. *answer the questions you are sure of first, then go back to the others*
5. *after getting a test back, make sure you understand why you got an answer incorrect.*
6. **True or False: Depression is a serious condition that may require medical help.**

**page 116**

1. **What should a teen do who is experiencing depression? page 116**

*seek help from a trusted adult*

1. **What are three ways to treat depression? page 116**
2. *change in physical environment*
3. *medication*
4. *psychological therapy*
5. **What should you do if a friend talks about suicide? page 123**
6. *take it seriously*
7. *never agree to keep it a secret*
8. *tell an adult immediately*
9. **Name three warning signs of suicide. page 124**
10. *direct or indirect suicide threats*
11. *desire to give belongings away*
12. *unusual obsession with death*
13. *withdrawal from friends*
14. *irrational behavior*
15. *negative self evaluation*
16. *deterioration in school work or recreational performance*
17. *substance abuse*
18. *indifference*
19. *violent or rebellious behavior*
20. *intolerance for praise or reward*
21. **List five factors that could lead a person to fall into a depressed state? page 116**
    1. *the loss of a close family member*
    2. *divorce or break-up of a relationship*
    3. *failure to succeed*
    4. *loosing a job*
    5. *other reasons*
22. **What is group therapy and what is its purpose? page 129**

*Group therapy involves treating a group of people who have similar problems and who meet regularly with a trained therapist.*

1. **What are the body’s reactions to the fight or flight response? page 95**

*dilated pupils*

*increased perspiration*

*faster heart rate and pulse*

*rise in blood pressure*

*faster respiration rate*

*narrowing of arteries to internal organs and skin*

*increased blood flow to muscles and brain*

*increase in muscle tension*

*release of blood sugar, fats and cholesterol*

1. **Define the following words:**
   1. **Fad diet – page 298** *weight loss plans that tend to be only be popular for a short time.*
   2. **Weight cycling – page 298** *a repeated pattern of loosing and regaining weight*
   3. **Anorexia nervosa – page 300** *an eating disorder in which an irrational fear of weight gain leads people to starve themselves*
   4. **Binge eating disorder – page 301** *an eating disorder where people over eat compulsively*
   5. **Bulimia nervosa – page 301** *an eating disorder that involves cycles of over eating and purging in an attempt to rid the body of food.*
   6. **Specificity – page 333** *choosing the right types of activities to improve a given element of fitness*
   7. **Overload – page 333** *exercising at a level that is beyond your daily activities*
   8. **Progression – page 333** *gradually increasing the demands on your body*
   9. **Regularity – page 333** *means working out on a regular basis*
   10. **Workout – page 335** *the part of an exercise session where you are working out at the highest peak*
2. **List and describe five ways the appetite is influenced. page 256**
   1. *emotions*
   2. *culture*
   3. *friends*
   4. *time and money*
   5. *advertising*
   6. *physical needs*
3. **How are anorexia and bulimia similar? page 300**

*both are eating disorders in which the person is concerned with body weight*

1. **What should you do if you have a friend you suspect might have an eating disorder? page 301**

*let your friend know your concern, listen to what she says and advise her to see a doctor*

1. **What is the best method of rehydration during physical activity? page 340, page 265**

*drink water before, during, and after exercise*

1. **Why is it NOT healthy to skip breakfast? page 271**

*Eating breakfast has many benefits for teens; do better on tests, less likely to be overweight. A healthy eating pattern includes eating breakfast, fruits, and vegetables to maintain health and wellness.*

1. **What are three health risks associated with too much sodium in the diet? page 269**
   1. *causes fluid retention*
   2. *associated with high blood pressure*
   3. *due to the high blood pressure, can lead to cardiovascular and kidney disease.*
2. **What are some ways to reduce the risk of developing obesity, osteoporosis and heart disease? page**

*practicing healthful eating habits and exercising regularly*

1. **How do the nutritional needs of athletes, infants, and people with health conditions differ from those of healthy individuals? page pages 304 and 305**

*They have different energy, nutrient, and fluid needs*

1. **Describe the effects and ways to reduce the chances of developing osteoporosis. page 264**

*Osteoporosis is a condition where the bones become fragile and break easily. A calcium rich diet will reduce the risk of developing osteoporosis.*

1. **What are the risk factors for dehydration? page 340**

*high humidity and high temperatures*

1. **Define the following –** 
   1. **Nicotine – page 543**  *the addictive drug found in tobacco*
   2. **Carcinogen – page 543**  *a cancer causing substance*
   3. **Nicotine withdrawal – page 551**  *the process that occurs in the body when nicotine, an addictive drug, is no longer used.*
   4. **Mainstream smoke – page 553** *the smoke exhaled from the lungs*
   5. **Sidestream smoke – page 553** *the smoke from the burning end of the cigarette, cigar, or pipe*
2. **What health problems are the children of smokers more likely to have? page 554**

*eye irritation, headaches, ear infections, sore throats, and respiratory problems*

1. **Most smokers developed their habit at about what age? page 556**

*teenage years*

1. ***True* or False: Children of smokers are more likely to have a higher incidence of sore throats and ear infections. page 554**
2. **When did nearly 90% of all smokers start smoking? page 556**

*teenage years*

**47. Name 2 reasons why driving after alcohol consumption is a risk behavior: page 596**

**a.** *may result in collisions which cause injury or death*

*b. judgement is impaired*

*c. reaction time is slower*

*d. reflexes are slower*

*e. reduces self-control*

**48. A person who feels depressed when he/she stops using a drug has: page 594**

a. developed a tolerance to a drug

b. taken an overdose of a drug

c. *become psychologically dependent on the drug*

d. become physiologically dependent on the drug

**49. Sally is 19 years old and weighs 130 pounds. While at a party, she has 2 beers. What is her best choice concerning drinking and driving? page 579**

*Ride home with someone who is not drinking*

**50. What is the blood alcohol level in NC for a person to be arrested for a DWI (Driving while impaired)? page 579**

*.08%*

**51. What is a common way that blood borne diseases such as HIV, tuberculosis, and hepatitis transmitted? pages 635 and 636**

*can be transmitted by sharing needles*

**52. You ask your friend if they want to go to the school basketball game and he replies, “I don’t care.”What type of communication is he demonstrating? page 204**

a. *passive*

b. assertive

c. aggressive

**53. Which statement demonstrates constructive criticism? page 76**

a. I hate it when you look at me that way.

b. You decide, I don’t care what we do tonight.

c. This report is terrible.

d. *I felt hurt when you told my secret. Please don’t tell others what I tell you in confidence.*

**54. Give an assertive response to peer pressure to drink beer. pages 202 and 203**

*No thank you, it goes against my values.*

**55. What should you do if a refusal skill is not working? page 203**

*Remove yourself from the situation*

**56. Define abstinence: page 19**

a *deliberate decision to avoid high-risk behaviors, including sexual activity, and the use of tobacco, alcohol, and other drugs.*

**57. Abstinence requires self-control because sexual feelings: page 207**

**a.** are unhealthy

b. should be prevented

c. *are normal*

d. always override responsibility

**58. *True* or false: Setting clear limits for expressing affection makes it easier to practice abstinence. page 206**

**59. Define conflict. page 220**

*any disagreement, struggle, or fight*

**60. What is the name for the process of ending conflict through cooperation and compromise called? page 224**

*conflict resolution*

**61. What is the name for the use of communication and compromise to settle a disagreement?**

**page 225** *negotiation*

**62. What is the best way to work through feeling angry, confused, or ashamed after being raped or abused? page 234 - 235**

**a.** avoid support groups

b. never talk about the rape or abuse

c. don’t report it to the authorities

**d.** *seek professional help*

**63.** *True* **or False: Teens who belong to gangs are more likely than their peers to commit serious or violent crimes. page 230**

**64. After automobile a*ccidents, what is the second leading cause of death to teens? page 233***

*random violence*

**65. Define date rape. page 238 - 239**

*one person in a dating relationship forces the other person to take part in sexual intercourse.*

**66. Showing empathy is an important part of: page 124**

**a.** active listening

b. bullying

c. prejudice

d. passive communication

**67. Why is going to the movies, dances, or other events in a group a good idea for teenagers who are dating? page 234**

*it allows teens to get to know one another in low-pressure situations, by going with friends, you can watch out for each other, less opportunity for sexual engagement if not by yourself.*

**68. How many intravenous drug users would a person have to share syringes with in order to be at risk of contracting HIV? page 671**

*One*

**69. Define Fitness Items:**

**a. body composition: Ratio of fat tissue to lean tissue**

**d. cardiovascular endurance: Ability of heart to deliver oxygen to muscles during exericise**

**b. muscular strength: amount of force needed to complete one motion against resistance**

**e. anaerobic exercise: intense exercise with short bursts of activity**

**c. flexibility: ability of joints to move through a full range of motion**

**f. target heart rate: the ideal range during physical activity**

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**a. warm-up:process of preparation for a workout d. intensity:how hard a person exercises**

**b. cool down:low level activity returning body to resting state e. frequency:how often a person exercises**

**c. skinfold testing:fitness test for body composition f. sit n reach test:test of flexibility**

**70. What is a test showing cardiovascular endurance? Mile run or 3 min. test**

**71. What is a test of muscular strength? : pushups Endurance? One repetition max**

**Sports Review:**

**Volleyball Review:**

**1.Name the originator of Volleyball\_\_\_\_\_William Morgan\_\_\_ The Year\_\_\_\_\_1895\_\_**

**2.Original name of volleyball\_\_\_\_\_\_\_Mintonette\_\_\_\_\_\_**

**3.Height of women’s net\_\_\_\_7’4 1/8”\_\_\_\_\_ Height of men’s net\_\_\_8’0\_\_\_\_\_\_**

**4.How many players on a court?\_\_\_\_\_6\_\_\_\_\_**

**5.Players rotate which direction?\_\_\_\_\_\_Clockwise\_\_\_\_\_**

**6.4 different types of hits in volleyball that is not a serve: \_\_\_\_\_Set\_\_\_\_\_\_, \_\_\_\_\_\_\_Dig\_\_\_\_, \_\_\_\_\_\_\_Pass\_\_\_\_\_\_, \_\_\_\_\_\_\_Spike\_\_\_\_\_\_**

**7.A ball landing on the line?** In  **or Out ? Circle correct answer**

**8.How many hits max before the ball has to cross the net? 3**

**9.Does a block count as one of the 3 hits in volleyball? Yes or** No**?**

**10.How many games is a match in High School? \_\_3\_\_\_ out of \_\_\_\_5\_\_**

**Basketball Review:**

**1. Dribbling the ball with both hands or dribbling, stopping and dribbling again is known as: \_\_\_\_\_\_\_\_\_\_\_\_double\_\_\_\_\_\_ \_\_\_\_\_\_\_\_dribble\_\_\_\_\_\_\_**

**2. A shot made outside the 3 point arc is worth \_\_\_\_\_3\_\_ points.**

**3. Recovering a missed shot is a \_\_\_\_\_rebound\_\_\_\_**

**4. Is basketball an Olympic sport?** Yes **or No? Circle correct answer**

**5. Passing a ball to a player who scores? What is this vocab word? \_\_\_\_\_\_\_assist\_\_\_\_\_\_\_**

**6. Defense that guards an area instead of one individual \_\_\_\_\_zone\_\_\_\_\_ defense**

**7. \_\_\_Box \_\_\_\_ out is a term used to describe a person standing between an opposing player and the basket in order to obtain a rebound.**

**8. Circle the following that are considered fouls: *Blocking Pushing Holding Charging (all of these)***

**9. An unguarded shot resulting from a “foul” is a \_\_\_\_\_free\_\_\_\_ \_\_\_\_\_\_\_throw\_\_\_**

**10. With a right handed layup, a person should jump off the \_\_\_\_\_\_left\_\_\_\_\_ leg.**

**Flag Football Review:**

* 1. **In real football, how many downs are there to move the ball 10 yards?\_\_\_4\_\_\_\_\_**
  2. **The name of the player that throws the ball? \_\_\_\_\_quarterback\_\_\_\_**
  3. **The name of the player who catches the passes? \_\_\_\_\_\_receiver\_\_\_\_\_\_**
  4. **The name of the player who snaps the football?\_\_\_\_center\_\_\_**
  5. **Circle the acts that are a penalty? *Holding Offsides Interference (all)***
  6. **Type of defense used when a player guards an area? \_\_\_Zone\_\_\_\_\_ defense**
  7. **When a ball is caught by a defensive player? \_\_\_\_\_Interception\_\_\_\_\_\_\_**
  8. **A safety is worth \_\_\_2\_\_ points.**
  9. **Where should a passer aim when throwing to a receiver? At the receiver? *Where the* *receiver will be*? Where the receive needs to dive? Circle correct choice.**
  10. **Is a ball maintained by the offense when they fumble the ball and it goes out of bounds? *Yes* or No**

**Soccer Review:**

1. **High School Soccer games are how many minutes? \_\_90\_\_**
2. **How many players on the field at a time?\_\_\_\_11\_\_\_\_**
3. **Intentionally tripping a player…..*Direct kick* or Indirect Kick?**
4. **What play does the referee administer if unsure who last touched the ball before going out of bounds? *Drop Ball***
5. **What is the name of the area in which the goalie may use their hands? \_\_Penalty\_\_\_\_ area**
6. **An indirect kick? Circle the characteristics that apply-- *Must be placed on the ground* *Must first touch another player before scoring Must be at the point the penalty occurred***
7. **A player self propels the ball with their feet? This is a \_\_\_\_dribble\_\_\_\_\_\_**
8. **What is awarded when the ball crosses the sideline? \_\_\_\_throw\_\_\_\_\_ \_\_in\_\_\_\_\_\_**
9. **What is given when a minor infraction occurs? \_\_\_\_\_Indirect\_\_\_\_\_ \_\_\_\_free\_\_\_\_\_ \_\_\_\_\_kick \_\_\_\_\_**
10. **Term used to describe a player kicking or heading the ball a great distance to get it out of the danger area : \_\_\_\_\_\_\_Clear\_\_\_\_\_\_\_**

**Essay Points and Thoughts:**

**Exercise:**

**Elevates heart rate, strengthens muscles, allows oxygen to be strongly circulated in system, allows movement with proper flexibility**

**Healthy Weight:**

**Avoids obesity, heart disease, high blood pressure, diabetes, potential strokes, poor self esteem, depression & stress**

**Healthy life and prevention of disease from exercise and nutrition:**

**Proper nutrients of water, fat, proteins, carbohydrates, vitamins & minerals allow proper body functions that are numerous to take place. These are things such as digestion, circulation of fluids, absorbance of nutrients into the system, cell growth and protection, heat and temperature control, etc… When body functions as it is meant to, disease will be prevented due to higher resistance to viruses and bacterias. It also allows for long term feelings of success, energy, flexibility, strength, strong vertebrae and muscles leading to a more fulfilling and higher functioning quality of life.**