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**WGU C456 HEALTH, WELLNESS AND
FITNESS OBJECTIVE ASSESSMENT
ACTUAL EXAM 2025/2026 QUESTIONS
WITH VERIFIED CORRECT SOLUTIONS ||
100% GUARANTEED PASS
<BRAND NEW VERSION>**

1. Amphetamines - ANSWER ✓ Uppers, stimulants. Legitimate and useful medical applications, but often abused. Example Ritalin for ADHD. Adderall for obesity, ADHD and narcolepsy.
2. Ecstasy - ANSWER ✓ MDMA. Club drug often used at all night dance parties (raves). Stimulant that increases heart rate and blood pressure and can lead to heart or kidney failure; regular use produces long-lasting, perhaps permanent, damage to your brain's ability to think and store memories.
3. Hallucinogens - ANSWER ✓ Substances that occur naturally or produce synthetically that distort user's perception of reality; cause sensory illusions that make it difficult to distinguish fact from fantasy. Example: LSD, peyote, PCP.
4. Antibiotics - ANSWER ✓ Type of antimicrobial used in the treatment and prevention of bacterial infection; may either kill or inhibit the growth of bacteria.
5. Route of administration - ANSWER ✓ The path by which a drug, fluid, poison, or other substances taken into the body. Classified by location at which the substances applied, oral or intravenous.

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q17-Q22):

NEW QUESTION # 17

Scheduling a team dinner far after sunset to accommodate several team members who are fasting during daylight hours is an example of which SEL competency?

- A. Communication and leadership
- B. Self-awareness
- C. Self-management
- D. Social awareness

Answer: D

Explanation:

This scenario is a strong example of social awareness (C). Social awareness involves recognizing and respecting the needs, values, and lived experiences of others, including cultural and religious practices. By scheduling a team dinner after sunset to support team members who are fasting during daylight hours, the organizer demonstrates empathy, inclusivity, and consideration of others' circumstances. This helps everyone feel respected and included, which supports a healthier team environment and stronger relationships.

Social awareness is more than simply knowing that people are fasting—it includes acting on that understanding in a practical way.

Adjusting the schedule shows perspective-taking: "How will this plan affect others, and how can we make it accessible?" This is an important SEL skill for reducing unintentional exclusion and building trust within groups. Inclusive planning can improve morale, cooperation, and psychological safety, leading to better communication and teamwork.

The other competencies are not as direct. Self-management relates to controlling one's own emotions and behaviors; it doesn't focus on others' needs. Self-awareness refers to understanding one's own feelings, beliefs, and triggers. Communication and leadership may be involved in organizing an event, but the key element highlighted here is awareness of and respect for others' needs—social awareness.

From a wellness perspective, inclusive practices also reduce stress for fasting individuals by removing social pressure to eat or attend during difficult times. It communicates belonging and respect, both of which positively influence emotional well-being and group cohesion.

NEW QUESTION # 18

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. Pursue happiness
- B. Avoidance
- C. Meet self needs
- D. Optimism

Answer: D

Explanation:

The player is demonstrating optimism, a mental health strategy that involves maintaining a positive, realistic belief that future outcomes can improve through effort and learning. Optimism does not mean ignoring disappointment; it means interpreting setbacks as temporary and changeable, rather than permanent or personal failures. In this scenario, the athlete acknowledges the loss but believes that more training can improve performance and lead to success next time. That is classic optimistic thinking paired with a

growth-oriented mindset.

Optimism supports emotional wellness by reducing feelings of helplessness and increasing resilience. After a loss, an optimistic person is more likely to reflect on what can be improved (skills, conditioning, strategy, recovery habits) and take constructive action. This approach helps manage stress because attention shifts from what went wrong to what can be done next. It also supports confidence and persistence—two qualities strongly linked with long-term achievement in sports and academics.

The other choices do not fit as well. Avoidance would look like ignoring the loss, skipping practice, or refusing to think about the tournament—none of which is happening. Pursue happiness is too general and doesn't capture the specific strategy of expecting improvement through future effort. Meet self needs refers more to self-care actions (rest, nutrition, boundaries, stress management), which can be part of recovery but is not the main strategy described.

In fitness and wellness learning, optimism is often taught alongside coping skills like reframing negative thoughts, setting process goals, and focusing on controllable actions—exactly what the player is doing by committing to training to influence the next outcome.

NEW QUESTION # 19

Which scenario is an example of an effective self-management skill?

- A. Setting short-term and long-term goals for graduation
- B. Providing support for a fellow student who is struggling in a course
- C. Maintaining a positive attitude after failing an assessment
- D. Taking the lead on a group project at one's workplace

Answer: C

Explanation:

Self-management is the SEL competency focused on regulating emotions, thoughts, and behaviors effectively in different situations. It includes managing stress, controlling impulses, motivating oneself, and using coping strategies to stay on track with goals. Among the options, maintaining a positive attitude after failing an assessment (D) best demonstrates self-management because it shows emotional regulation and resilience in response to a setback. Instead of spiraling into frustration or giving up, the person controls their reaction and keeps a constructive mindset, which supports persistence and healthier coping.

While option A (setting short- and long-term goals) is valuable, it is more directly tied to planning and organization skills often grouped under executive functioning. Option B (taking the lead on a group project) aligns strongly with communication, leadership, and collaboration skills. Option C (providing support for a struggling student) reflects social awareness and relationship skills—empathy, helping, and cooperation.

In wellness education, self-management is commonly taught through strategies such as positive self-talk, stress reduction techniques (breathing, breaks, movement), time management, and reframing challenges as learning opportunities. Maintaining a positive attitude after failure is a practical example because it requires the person to notice discouraging thoughts and choose a healthier response. This skill protects emotional well-being, reduces avoidance behaviors, and helps people take the next effective action—reviewing mistakes, seeking help, and improving study habits—rather than being stuck in shame or frustration.

NEW QUESTION # 20

Which of the following contribute to a healthy diet? Select 3 answers.

- A. Limiting intake of added sugars and salt
- B. Consuming three-ounce equivalents or more per day of whole-grain foods
- C. Choosing a variety of fruits and vegetables each day
- D. Consuming whole-milk products after childhood
- E. Allocating over 20% of daily calories to saturated fatty acids

Answer: A,B,C

Explanation:

A healthy diet supports steady energy, healthy body composition, heart health, digestion, and long-term disease prevention. The three options that most directly align with widely taught nutrition principles are limiting added sugars and salt (A), including whole grains (B), and eating a variety of fruits and vegetables (C).

Limiting added sugar helps reduce excess calorie intake with little nutritional value and supports healthier blood sugar patterns and dental health. Reducing salt (sodium) supports healthy blood pressure, which is a major protective factor for cardiovascular and kidney health. Choosing a variety of fruits and vegetables increases intake of fiber, potassium, and many vitamins and protective plant compounds. Variety matters because different colors and types provide different nutrient profiles (for example, leafy greens, orange vegetables, berries, and cruciferous vegetables each contribute unique benefits).

Consuming whole grains—such as oats, brown rice, whole-wheat bread, and whole-grain pasta—supports digestive health through

fiber, improves fullness, and contributes nutrients like B vitamins and minerals.

Many educational nutrition plans encourage making at least half of grains whole, and "three-ounce equivalents or more" reflects a common daily target used in dietary planning.

The remaining options do not reflect healthy-diet guidance. Allocating over 20% of daily calories to saturated fat (D) is generally considered too high and is associated with poorer heart-health patterns when it displaces unsaturated fats. "Consuming whole-milk products after childhood (E)" is not a general requirement for health; while dairy can be part of a balanced diet, choosing lower-fat dairy is often recommended to limit saturated fat while still getting calcium and protein.

NEW QUESTION # 21

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

- A. Social awareness
- B. Communication and leadership
- C. Self-awareness
- D. Executive function

Answer: C

Explanation:

Maintaining a positive attitude after failing an assessment most directly reflects self-awareness because it involves recognizing and managing one's internal emotional response to disappointment. When someone fails, common reactions include frustration, embarrassment, discouragement, or self-doubt. A person who maintains a positive attitude is showing an understanding of their feelings and thoughts and choosing a mindset that supports learning and recovery. This often includes recognizing, "I'm upset, but I can improve," which is rooted in awareness of emotions and beliefs.

This competency also connects to a growth-oriented perspective: viewing failure as feedback rather than a final judgment. Self-awareness helps a student notice negative self-talk ("I'm not smart enough") and replace it with a more constructive interpretation ("I need a different study strategy"). This shift supports resilience, motivation, and healthier stress responses.

While executive function supports planning new study steps, the question emphasizes attitude after failure, which is mainly emotional and cognitive awareness. Social awareness involves understanding others' feelings and social cues; it is not the central skill in coping with one's own setback. Communication and leadership involve interacting with others, which is not the focus here.

In SEL-based wellness education, maintaining a positive attitude after failure is encouraged because it reduces avoidance behaviors (like giving up or procrastinating) and promotes persistence. It often leads to productive actions such as seeking help, reviewing mistakes, and adjusting study habits. So, the best answer is self-awareness, as it underlies the ability to recognize emotional reactions and choose a supportive mindset that keeps learning on track.

NEW QUESTION # 22

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