

WGU Health-Fitness-and-Wellnessテスト対策書 & Health-Fitness-and-Wellness認証資格

WGU C458 HEALTH FITNESS AND WELLNESS EXAM 2024/2025 ACTUAL EXAM 2 VERSIONS WITH COMPLETE QUESTIONS WITH DETAILED VERIFIED ANSWERS (100% CORRECT ANSWERS) /ALREADY GRADED A+

Nutrition - Answerprovides the body with the nutrients it needs to perform its daily tasks

Undernutrition - Answerimplies that the individual is not getting enough nutrients. This can occur even if the person is consuming more than enough calories

Malnutrition - Answeran imbalance of proper nutrients

Anorexia nervosa - Answerliterally means loss of appetite, but this is a misnomer: A person with this is hungry, but denies the hunger because of an irrational fear of becoming fat. Self-starvation, food preoccupation and rituals, compulsive exercising, and often an absence of menstrual cycles in women. Untreated, can be fatal.

Bulimia - Answercharacterized by recurring periods of binge eating, during which large amounts of food are consumed in a short period of time followed by purging (through self-induced vomiting, abuse of laxatives and/or diuretics) or periods of fasting

Binge eating disorder (BED) - Answerepisodic binge eating characterized by eating rapidly, eating large amounts of food even when not feeling hungry, and feeling guilty or depressed after overeating.

Obesity - Answer15 to 20 percent above normal weight. Poor dietary patterns; include increased intake of sugars in sweetened soft drinks, foods, and meals of high energy, low nutrient density, and large portion sizes. At risk for serious health problems such as type 2 diabetes, hypertension, heart disease, stroke, and some types of cancer.

Minerals - Answerinorganic material. Form body parts (teeth and bones), maintain acid-base neutrality, regulate nerve impulses, osmotic pressure, and electrolyte balance

Major minerals - Answerneeded by the body:

- calcium—milk, cheese, sardines, salmon, green vegetables
- phosphorus—milk, cheese, lean meat
- potassium—oranges, bananas, dried fruits
- sulfur—eggs, poultry, fish
- sodium—table salt, beef, eggs, cheese
- chloride—table salt, meat

さらに、GoShiken Health-Fitness-and-Wellnessダンプの一部が現在無料で提供されています：<https://drive.google.com/open?id=1KiNIZKlweX5SmuWz0hB0LSf4yMUENI3q>

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>> WGU Health-Fitness-and-Wellnessテスト対策書 <<

試験の準備方法-最高のHealth-Fitness-and-Wellnessテスト対策書試験-正確なHealth-Fitness-and-Wellness認証資格

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WGU Health, Fitness, and Wellness (HIO1) 認定 Health-Fitness-and-Wellness 試験問題 (Q13-Q18):

質問 # 13

Which reaction is common with food intolerance?

- A. Difficulty breathing
- **B. Stomach cramps**
- C. Tightening in the throat
- D. Swelling in the mouth

正解: B

解説:

Food intolerance commonly causes digestive symptoms, and stomach cramps are among the most typical reactions. A food intolerance is generally different from a food allergy. Intolerances usually involve the digestive system's difficulty processing a food or component (for example, lactose intolerance due to low lactase enzyme activity). Symptoms often include abdominal pain or cramps, bloating, gas, nausea, and diarrhea. These symptoms may appear after eating certain foods and can vary with the amount consumed. In contrast, swelling in the mouth, throat tightening, and difficulty breathing are warning signs more consistent with an allergic reaction, which involves the immune system and can become severe rapidly.

Those symptoms can signal airway involvement and may indicate an emergency situation requiring immediate medical attention. The fact that options A, B, and D involve the mouth/throat/airway strongly points away from intolerance and toward allergy.

Understanding the difference matters for health and safety. While intolerances can significantly affect comfort and quality of life, they are less likely to cause sudden life-threatening reactions. Management typically focuses on identifying trigger foods, adjusting portion sizes, choosing substitutes (like lactose-free dairy), and reading ingredient labels. Keeping a food-and-symptom log can help pinpoint patterns. If symptoms are severe, persistent, or confusing—or if there is any airway swelling, hives, or breathing trouble—medical evaluation is important to rule out allergy or other conditions.

Therefore, the best answer is stomach cramps, because gastrointestinal discomfort is a hallmark feature of food intolerance, while breathing-related symptoms are far more characteristic of allergic reactions.

質問 # 14

Under which category of drugs is cocaine classified?

- **A. Stimulants**
- B. Depressants
- C. Opioid
- D. Cannabinoid

正解: A

解説:

Cocaine is classified as a stimulant because it speeds up activity in the central nervous system. Stimulants typically increase alertness, energy, and feelings of confidence or euphoria, while also raising heart rate and blood pressure. Cocaine produces these effects by strongly increasing certain brain chemicals involved in reward and arousal, which is why it can feel intensely reinforcing and is associated with high risk of dependence.

From a health perspective, stimulant effects also explain many of cocaine's dangers. Short-term risks include rapid heartbeat, elevated blood pressure, agitation, anxiety, and impaired judgment. Because stimulants strain the cardiovascular system, cocaine use is associated with serious complications such as irregular heart rhythms, heart attack, stroke, overheating, and seizures—sometimes even in younger people. The risk increases with higher doses, repeated use, mixing with other substances, or underlying health conditions.

The other categories listed do not fit cocaine's primary effects. Opioids (such as heroin or certain prescription pain medicines) generally slow breathing and are known for pain relief and sedation. Depressants (such as alcohol or certain sedatives) slow down brain activity, often causing drowsiness and impaired coordination.

Cannabinoids are substances related to cannabis and have a different pattern of effects on perception, mood, and coordination. Cocaine's hallmark is stimulation—higher energy, faster body processes, and increased nervous system activity—so stimulants is the correct classification.

Understanding drug categories is important in health education because it helps explain expected effects, risks, signs of misuse, and why combining substances can be especially dangerous.

質問 # 15

Which result is a potential benefit for an overweight individual experiencing significant weight loss?

- A. Increased insulin sensitivity
- B. Increased muscle mass
- C. Increased low-density lipoproteins
- D. Increased triglycerides

正解: A

解説:

A common and clinically meaningful benefit of significant weight loss in an overweight individual is increased insulin sensitivity. Insulin is a hormone that helps move glucose (sugar) from the bloodstream into body cells to be used for energy. When a person is overweight—especially with higher abdominal fat—cells often become less responsive to insulin, a condition called insulin resistance. To compensate, the body produces more insulin, and over time blood sugar control may worsen, increasing the risk for prediabetes and type 2 diabetes.

Weight loss can improve insulin sensitivity by reducing excess fat stores and lowering inflammation that interferes with normal insulin signaling. As cells respond better to insulin, the body can manage blood glucose more effectively, often resulting in steadier energy levels and improved metabolic health. This is one reason lifestyle changes that include improved nutrition and regular physical activity are emphasized for reducing diabetes risk.

The other options do not reflect typical health improvements linked to weight loss. Increased low-density lipoproteins (LDL) and increased triglycerides are generally considered unfavorable for cardiovascular health; healthy weight loss is more often associated with improvements in these markers (though individual results depend on diet quality, genetics, and activity). Increased muscle mass can occur if weight loss is paired with resistance training and adequate protein, but it is not the most consistent "automatic" outcome of weight loss; without strength training, some lean mass can be lost along with fat. The most reliable metabolic benefit highlighted in health education is better insulin action—meaning increased insulin sensitivity.

質問 # 16

A male individual has a family history of heart disease but is currently healthy. The individual wants advice on the type of exercise to reduce risk. Which approach is recommended by the American Heart Association to achieve this goal?

- A. Engage in strength-training four to five times per week
- B. Engage in daily stretching exercises two to three times per week
- C. Engage in moderate-intensity aerobic exercise four to five times per week
- D. Engage in a meditation program two to three times per week

正解: C

解説:

For lowering future cardiovascular risk—especially with a family history of heart disease—the most consistently recommended exercise foundation is moderate-intensity aerobic activity performed regularly throughout the week. The American Heart Association (AHA) advises adults to get at least 150 minutes per week of moderate-intensity aerobic activity (or 75 minutes vigorous, or a combination), preferably spread across the week. A very practical way to meet that goal is about 30 minutes on 5 days per week, which aligns closely with "four to five times per week." Moderate-intensity aerobic exercise includes brisk walking, cycling at an easy-to-moderate pace, swimming, or dancing—activities that raise the heart rate and breathing while still allowing conversation (the "talk test").

These workouts improve cardiorespiratory fitness, help manage blood pressure, support healthy cholesterol patterns, improve insulin sensitivity, and assist with weight management—key protective factors for heart health.

The other options are valuable but are not the primary AHA approach for reducing heart-disease risk in an otherwise healthy person. Stretching supports mobility and comfort, but it does not provide the same cardiovascular conditioning. Meditation can reduce stress and may support heart health indirectly, but it is not a substitute for aerobic conditioning. Strength training is important and is also recommended by the AHA (typically at least 2 days per week), but on its own it does not replace aerobic activity as the main strategy for cardiovascular risk reduction.

So, the best single choice is moderate-intensity aerobic exercise four to five times per week, ideally combined with some resistance training across the week for a complete heart-healthy routine.

質問 # 17

A 26-year-old individual has been experiencing fever, headache, and neck stiffness. Which main condition could this individual have developed?

- A. Asthma
- B. Hepatitis
- C. Meningitis
- D. Ulcer

正解: C

解説:

Fever, headache, and neck stiffness are classic warning signs associated with meningitis, an inflammation of the meninges—the protective membranes covering the brain and spinal cord. This symptom combination is considered medically significant because meningitis can develop quickly and may become life-threatening without prompt evaluation and treatment. In many health education materials, the "triad" of fever + severe headache + stiff neck is strongly linked to meningitis, sometimes accompanied by sensitivity to light (photophobia), nausea/vomiting, confusion, or a rash (more common in certain bacterial types).

Meningitis can be caused by viruses (often milder and self-limited) or bacteria (more severe and requiring urgent antibiotics). Because bacterial meningitis can progress rapidly, the correct health and wellness guidance is to seek immediate medical care when these symptoms appear together—especially if symptoms are sudden, intense, or worsening.

The other options do not best match the symptom pattern. Hepatitis primarily affects the liver and is more commonly associated with fatigue, abdominal pain, nausea, dark urine, and jaundice rather than neck stiffness. An ulcer (stomach or duodenal) usually causes burning abdominal pain, indigestion, or nausea, not stiff neck and fever as key features. Asthma is a respiratory condition characterized by wheezing, chest tightness, coughing, and shortness of breath; it does not typically present with neck stiffness and fever.

From a wellness education perspective, prevention strategies include vaccination where appropriate (e.g., meningococcal vaccines), practicing good hygiene to reduce spread of infections, and understanding when symptoms require urgent medical attention.

Recognizing meningitis symptoms early is crucial because timely assessment and treatment can significantly improve outcomes.

質問 # 18

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