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## Free PDF Quiz 2026 WGU Health-Fitness-and-Wellness Newest Latest Test Labs

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## WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q37-Q42):

### NEW QUESTION # 37

Working to develop one's ability to understand others' emotions is an example of which SEL competency?

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

**Answer: B**

Explanation:

Developing the ability to understand others' emotions is closely linked to empathy, which is a core part of SEL relationship skills and strong interpersonal communication. Among the provided options, the best match is communication and leadership (C) because effective communication and leadership depend on accurately reading others' emotions, responding respectfully, and adapting communication style to the needs of the situation. Leaders who understand emotions can motivate teams, resolve conflicts, and build trust-skills that are directly supported by empathy.

While self-awareness focuses on recognizing one's own emotions and patterns, the question specifically emphasizes understanding others' emotions, which goes beyond self-awareness. Self-management is about regulating one's own emotions and behavior, not interpreting others. Executive function relates to planning, attention, and impulse control; it supports good choices but is not the main competency for emotional understanding.

In practical terms, building this competency might include observing body language and tone, asking open-ended questions, listening without interrupting, and reflecting back what the other person seems to feel ("It sounds like you're frustrated"). This reduces misunderstandings and strengthens relationships. In school and work, it can improve teamwork, customer/patient interactions, and conflict resolution.

So, the most accurate answer from the given choices is communication and leadership, because understanding others' emotions is central to effective human interaction and leading others in supportive, respectful ways.

#### NEW QUESTION # 38

A new manager at a medical office uses active listening while interacting with employees. Which positive mental health strategy is the manager employing?

- A. Pursuing happiness by working with other employees in the office
- B. Meeting needs through achieving satisfaction from self-actualization
- **C. Boosting emotional intelligence to recognize the emotions of others**
- D. Becoming optimistic with expectations of favorable outcomes to occur

**Answer: C**

Explanation:

Active listening is a key skill within emotional intelligence, especially in workplaces where communication affects trust, morale, and performance. When a manager uses active listening, they are intentionally focusing on the speaker, asking clarifying questions, reflecting back what they heard, noticing tone and body language, and responding with respect. This supports recognizing and understanding the emotions of others, which is central to emotional intelligence and to strong social-emotional skills.

In a medical office, employees may experience pressure, time demands, and emotionally sensitive interactions. A manager who actively listens helps staff feel heard and valued, which can reduce stress and conflict. It also improves problem-solving: employees are more likely to share concerns early (workload issues, workflow barriers, interpersonal tension), allowing the manager to address problems before they escalate. Active listening supports psychological safety—people feel they can speak up without being dismissed—leading to better teamwork and a healthier work climate.

The other answer choices are less precise. "Pursuing happiness by working with other employees" is vague and doesn't describe a specific communication skill. "Meeting needs through self-actualization" relates to personal growth and fulfillment rather than a manager's interpersonal strategy during conversations.

"Becoming optimistic" focuses on expecting positive outcomes, which can be helpful, but it is not what active listening specifically represents. Active listening is most directly tied to building emotional awareness, empathy, and relationship skills—making boosting emotional intelligence the best match.

#### NEW QUESTION # 39

Which disorder includes having low energy, difficulty sleeping, missing assignments, and avoiding friends?

- A. Anxiety disorder
- **B. Depressive disorder**
- C. Bipolar disorder
- D. Schizophrenia

**Answer: B**

Explanation:

A depressive disorder commonly involves a cluster of symptoms that affect mood, energy, thinking, behavior, and daily functioning. The signs listed—low energy, difficulty sleeping, missing assignments, and avoiding friends—fit well with depression because depression can reduce motivation, concentration, and interest in usual activities. People may feel persistently sad, empty, or irritable, and they may withdraw socially because interactions feel exhausting or because they experience low self-worth and guilt. Sleep disturbance is also common; some people have insomnia (trouble falling or staying asleep), while others sleep more than usual but still feel tired.

Missing assignments can reflect decreased concentration, slowed thinking, or lack of motivation—often called "anhedonia" (loss of interest/pleasure) and reduced drive. Avoiding friends reflects social withdrawal, which can worsen symptoms by removing support and increasing isolation.

The other options are less consistent with the overall pattern. Schizophrenia typically features symptoms such as hallucinations, delusions, disorganized thinking, and significant changes in perception and behavior—these are not mentioned here. Bipolar disorder includes episodes of depression, but it is distinguished by episodes of mania or hypomania (periods of unusually elevated or irritable mood, increased energy, decreased need for sleep, and impulsive behavior). Anxiety disorders can cause sleep issues and avoidance, but the combination of low energy, withdrawal, and functional decline described here aligns more strongly with

depression.

Wellness education emphasizes early support: talking to a trusted adult or counselor, maintaining routines (sleep, meals, movement), and seeking professional help when symptoms persist or interfere with school and relationships.

#### **NEW QUESTION # 40**

Which reaction is common with food intolerance?

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

**Answer: B**

Explanation:

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.

#### **NEW QUESTION # 41**

Which SEL skill is characterized by critical thinking and responsible decision making?

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

**Answer: B**

Explanation:

Executive function best matches the description of critical thinking and responsible decision-making.

Executive function refers to mental skills that help a person plan, focus attention, remember instructions, manage impulses, and weigh consequences before acting. These abilities support "thinking before doing," which is central to making responsible, thoughtful choices in academics, relationships, and health behaviors.

Critical thinking is part of executive function because it involves analyzing information, evaluating options, anticipating outcomes, and selecting the most appropriate response. Responsible decision-making requires considering safety, ethics, long-term consequences, and the impact on others—processes strongly connected to executive functioning skills like impulse control, planning, and flexible thinking.

The other options are related SEL areas but do not best fit the prompt. Communication and leadership involve expressing ideas clearly, listening, persuading, and guiding others—important, but not the core of critical thinking itself. Social awareness focuses on empathy, understanding social cues, and appreciating others' perspectives—also crucial, but not primarily about analyzing options and consequences. Self-management involves regulating emotions and behaviors, managing stress, and staying motivated; it supports decision-making but is more about controlling reactions than the thinking process described.

In practical wellness terms, executive function helps someone pause before reacting in conflict, choose healthier coping strategies under stress, resist risky behaviors, and follow through on goals. Strengthening executive function can involve planning routines, breaking tasks into steps, using reminders, practicing mindful pauses, and reflecting on outcomes after decisions.

## NEW QUESTION # 42

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