

Health-Fitness-and-Wellness Valid Study Questions & New Health-Fitness-and-Wellness Exam Book

C458 Health, Fitness, and Wellness Study exam with questions and answers 2024

key structures in the skeletal system - answer Bones, joints, cartilage, ligament (bone to bone), tendons (muscle to bone)

three types of muscle found in the body - answer Striated muscle (skeletal muscle, moves all bones), smooth muscle (lines the walls of the internal organs), cardiac muscle (both striated and smooth/ only found in the heart)

the two main divisions of the nervous system - answer a. Central nervous system:

Brain and spinal cord

b. Peripheral nervous system:

All the nerves outside brain & spinal cord/ relay messages between CNS and other areas of the body. Communicates with sensory organs

the structures of the upper and lower respiratory tract - answer Upper: nose, pharynx (throat) and larynx (voice box) Lower: trachea (windpipe), bronchial tree and lungs

main structures of the cardiovascular system - answer The heart, arteries (blood from heart to body tissues), and veins (oxygen-poor blood to the heart)

the pathway of blood through the heart - answer Oxygenated blood enters into the left side of the heart, which pumps it out of the heart through the aorta. Arteries and capillaries deliver the oxygenated blood to the cells in the organs. Veins carry oxygen-poor blood and wastes (carbon dioxide and water) from cells back toward the lungs, where it receives oxygen.

main organs of the digestive system - answer Mouth, esophagus, stomach, small intestine, large intestine, anus

major organs of the urinary system - answer Kidneys, ureter, bladder, urethra

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q31-Q36):

NEW QUESTION # 31

An individual is having a long and stressful day at work and decides to take a break and join coworkers for a walk outside. Which strategy is this individual using to manage stress?

- A. Relaxation
- **B. Exercise**
- C. Meditation
- D. Resiliency

Answer: B

Explanation:

Taking a walk outside is a clear example of using exercise as a stress-management strategy. Even moderate activity-like a brisk walk-can help the body discharge built-up tension and shift the nervous system toward a calmer state. Physical activity supports stress management by improving circulation, loosening muscle tightness, and triggering brain chemistry changes associated with improved mood and reduced stress. Many people notice they feel more clear-headed and less irritable after moving their body, even for a short time.

A walk during a stressful workday also offers a practical "reset." It interrupts prolonged mental strain, creates a change of environment, and can reduce overload from screens, noise, or constant demands. Walking with coworkers may add a supportive social element-light conversation and connection can further buffer stress.

Fresh air and daylight can also help regulate energy and alertness, making it easier to return to tasks with improved focus.

While walking can feel relaxing, the most accurate category among the options is exercise, because the core action is physical movement intended to relieve stress. Relaxation strategies usually refer to deliberate calming techniques such as deep breathing, progressive muscle relaxation, or listening to calming music. Meditation involves focused attention or mindful awareness practices. Resiliency describes long-term capacity to adapt and recover from stress; it's an outcome and skill set built over time, not the immediate strategy described in the moment.

In wellness education, exercise is often recommended because it is accessible, effective, and supports both mental and physical health-especially when done consistently.

NEW QUESTION # 32

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

Answer: A

Explanation:

This scenario best matches social awareness (A). Social awareness involves understanding others' feelings, perspectives, and needs, and responding with empathy and respect. In a face-to-face employee review, the reviewer can observe nonverbal cues (tone, facial expression, posture), ask clarifying questions, and listen actively. This helps the manager accurately understand the employee's experience, concerns, and motivations-key components of social awareness.

Social awareness supports fair and supportive workplace interactions. Rather than focusing only on performance metrics, a socially aware approach considers the human factors that affect performance:

workload stress, unclear expectations, confidence, interpersonal conflict, or barriers outside work. By understanding the employee's perspective, the manager can respond more effectively-adjusting goals, offering training, clarifying expectations, or providing resources. This strengthens trust and can improve both well-being and productivity.

The other competencies do not fit as precisely. Executive function focuses on planning, organization, and impulse control-important for running a review but not the key skill described. Self-awareness involves recognizing one's own emotions and biases, which can

be helpful during reviews, but the question emphasizes understanding the employee's feelings and perspective. Communication and leadership are certainly involved in conducting reviews, but the specific focus here is empathy and perspective-taking, which is the hallmark of social awareness.

In SEL, social awareness helps people build healthier relationships, reduce conflict, and create supportive environments—exactly what a thoughtful face-to-face review is meant to accomplish.

NEW QUESTION # 33

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

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

Answer: B,C,D

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 # 34

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

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

Answer: A

Explanation:

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.

NEW QUESTION # 35

When an individual gives a presentation in front of a group, the individual's voice trembles and body shakes. Which type of stress response is the individual demonstrating?

- A. Cognitive
- B. Emotional
- C. Physiological
- D. Behavioral

Answer: C

Explanation:

A trembling voice and shaking body during a presentation reflect a physiological stress response.

Physiological responses are the body's automatic physical changes that occur when the brain perceives a threat—such as public speaking, performance pressure, or fear of judgment. This response is often described as the "fight-or-flight" reaction. The body releases stress hormones that increase alertness and prepare muscles for action. As a result, people may experience shaking, sweaty palms, dry mouth, faster heartbeat, rapid breathing, or a tight chest.

In this scenario, the individual's symptoms are clearly physical. Voice trembling can occur because breathing becomes shallow and muscles around the throat tighten. Body shaking can happen from adrenaline effects on muscles and increased nerve activation. These reactions can be uncomfortable but are common, especially when someone feels evaluated by others.

The other categories do not best match the described signs. Cognitive stress responses are thought-based, such as racing thoughts, difficulty concentrating, or negative self-talk ("I'm going to mess up"). Emotional responses involve feelings like fear, embarrassment, or irritability. Behavioral responses involve actions like avoiding the presentation, fidgeting, or speaking too quickly. While cognitive, emotional, and behavioral responses may also be present, the question specifically describes physical symptoms, which are physiological.

Wellness strategies that help reduce physiological stress symptoms include slow breathing (longer exhales), grounding techniques, practicing the presentation, arriving early to acclimate, and reframing nerves as normal performance energy. Over time, repeated exposure and preparation can reduce the intensity of these bodily reactions.

NEW QUESTION # 36

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