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## WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q10-Q15):

### NEW QUESTION # 10

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

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

**Answer: D**

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 # 11

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

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

**Answer: C,D,E**

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 # 12

Which immune system proteins recognize and inactivate invaders?

- A. Cytokines
- B. Hormones
- C. Antigens
- D. Antibodies

**Answer: D**

Explanation:

Antibodies are specialized proteins made by the immune system to recognize, bind to, and help neutralize harmful invaders such as bacteria, viruses, and other foreign substances. They are produced by B lymphocytes (B cells), which can develop into plasma cells that release large amounts of antibodies into the blood and lymph. Each antibody is designed to fit a specific target, called an antigen, much like a key fits a lock.

When antibodies bind to antigens on the surface of an invader, they help "inactivate" the threat in several important ways. First, they can neutralize pathogens directly by blocking their ability to enter body cells or release toxins. Second, antibodies can tag invaders for destruction—a process called opsonization—making it easier for immune cells such as macrophages and neutrophils to engulf and break down the pathogen. Third, antibodies can activate the complement system, a group of proteins that can puncture pathogen membranes or amplify immune responses.

It's important to distinguish antibodies from the other options. Antigens are not immune proteins that protect you; they are the foreign markers on pathogens that antibodies recognize. Cytokines are signaling proteins that coordinate immune activity (they "communicate" between cells rather than specifically binding invaders).

Hormones regulate body functions like metabolism, growth, and stress response, but they are not the primary proteins that recognize pathogens.

In health and wellness, strong immune function is supported by adequate sleep, balanced nutrition (especially protein, vitamins A/C/D, zinc), stress management, and regular physical activity—all of which help the body produce and regulate immune components, including antibodies.

### NEW QUESTION # 13

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

**Answer: A**

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 # 14

Which BMI range is associated with being underweight?

- A. 10.0-14.5
- B. 18.5-24.9
- C. 25.0-29.9
- D. 14.5-18.5

**Answer: D**

Explanation:

Body Mass Index (BMI) is a screening tool that uses height and weight to estimate whether a person's weight category may pose health risks. Standard BMI categories commonly used in health education classify underweight as a BMI below 18.5, healthy weight as 18.5-24.9, overweight as 25.0-29.9, and obesity at higher values. Based on these categories, the range that aligns with underweight among the given choices is 14.5-

18.5 (D) because it falls at and below the 18.5 cutoff (with most of the range being below 18.5).

Option B (18.5-24.9) is the typical healthy-weight range. Option C (25.0-29.9) matches the overweight category. Option A (10.0-14.5) is extremely low and may indicate severe underweight, but the question asks for the BMI range "associated with being underweight" in general; the broader underweight-related range offered is D.

From a wellness perspective, being underweight can be linked with concerns such as reduced energy, nutrient deficiencies (iron, calcium, vitamin D, B vitamins), lowered immune resilience, or decreased bone density- especially if underweight results from inadequate intake or underlying medical issues. That said, BMI is a screening measure, not a diagnosis: it does not directly measure body fat, muscle mass, or overall health. A person with a low BMI who is experiencing fatigue, frequent illness, or unintended weight loss should be assessed by a healthcare professional to identify causes and appropriate nutrition strategies.

## NEW QUESTION # 15

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