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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q41-Q46):

NEW QUESTION # 41

Which of the following is a type of barrier contraception?

- A. The pill
- B. An IUD
- C. A diaphragm
- D. The patch

Answer: C

Explanation:

A diaphragm is a type of barrier contraception, meaning it works by physically blocking sperm from reaching the egg. It is a shallow, flexible cup that is placed inside the vagina to cover the cervix before sexual activity. Barrier methods reduce the chance of pregnancy by preventing sperm from entering the uterus.

Diaphragms are often used with spermicide to increase effectiveness, and correct use (proper placement and timing) is important for best results.

The other options are not barrier methods. An IUD (intrauterine device) is placed in the uterus and works through different mechanisms depending on type (copper or hormonal), but it does not function as a barrier placed over the cervix. The pill and the patch are hormonal contraceptives. They mainly prevent pregnancy by suppressing ovulation (preventing release of an egg) and by changing cervical mucus and the uterine lining.

In physical and reproductive health education, contraception is often categorized by method type: barrier (condoms, diaphragm, cervical cap), hormonal (pill, patch, ring, injection, implant), and intrauterine (IUD). It's also important to understand protection differences: many barrier methods (notably external and internal condoms) can reduce risk of sexually transmitted infections, while most non-barrier hormonal and intrauterine methods do not protect against infections. This is why education often emphasizes choosing methods based on pregnancy prevention goals, health considerations, and whether STI protection is needed.

So, among the choices listed, the diaphragm is clearly the barrier contraceptive.

NEW QUESTION # 42

Which action is an effective way of preventing the consumption of food-borne bacteria?

- A. Use a food thermometer and cooking temperature chart
- B. Cook beef until it is at least medium rare
- C. Microwave food until it is very hot
- D. Allow cooked food to remain at room temperature

Answer: A

Explanation:

The most reliable way to prevent consuming food-borne bacteria is to ensure food reaches a safe internal temperature, which is why using a food thermometer and a cooking temperature chart (C) is the best answer. Harmful bacteria can survive if food is undercooked, and appearance alone (color, texture, "hot enough," or cooking time) can be misleading. A thermometer directly measures whether the thickest part of the food has reached a temperature high enough to reduce pathogens to safe levels.

Option A sounds helpful, but "very hot" is vague and not measurable; microwaves can heat unevenly, leaving cold spots where bacteria survive. Microwaving can be safe when done properly, but without verifying temperature, it's not the most effective prevention strategy. Option B is unsafe: leaving cooked food at room temperature for extended periods allows bacteria to multiply rapidly. Option D can be risky because "medium rare" may not reach the internal temperature needed to reduce bacteria to safe levels for all people and situations—especially for ground meats, which generally require more thorough cooking because bacteria can be mixed throughout the product.

Health and wellness education emphasizes several food-safety habits: cook to safe temperatures, avoid the "danger zone" where bacteria multiply quickly (food left warm for too long), chill leftovers promptly, and reheat leftovers thoroughly. Among the listed options, the thermometer approach is the most precise and consistently recommended because it removes guesswork and directly supports safe eating.

NEW QUESTION # 43

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

Answer: C

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 # 44

Which sleep stage is characterized by fluctuations between light sleep and wakefulness?

- A. Stage 2
- B. Stage 1
- C. Stage 3
- D. REM

Answer: B

Explanation:

Stage 1 sleep (often called N1) is the lightest sleep stage and is best described as the transition between being awake and being asleep. During this stage, people commonly drift in and out of sleep and may still be aware of their surroundings. That "in-between" quality is why Stage 1 is associated with fluctuations between light sleep and wakefulness.

In Stage 1, the body begins to relax: muscle activity decreases, eye movements slow, and brain activity starts shifting away from fully awake patterns. Because this stage is very light, it's easy to wake up from it, and many people who are awakened during Stage 1 may even insist they were not asleep. Brief muscle twitches or the sensation of falling can occur as the nervous system transitions into sleep.

The other stages don't match this description. Stage 2 (N2) is also light sleep, but it is more stable than Stage 1 and represents a deeper "settled" sleep state where the body further relaxes and the brain shows specific patterns associated with maintaining sleep. Stage 3 (N3) is deep sleep, where awakening is difficult and restorative processes are emphasized, including physical recovery and immune support. REM is a distinct stage typically associated with vivid dreaming and active brain patterns, but it is not described as drifting back and forth between wakefulness and sleep. Instead, REM is a recognizable sleep phase that cycles throughout the night.

Understanding Stage 1 matters for wellness because frequent awakenings can keep someone stuck in lighter stages, leaving them feeling unrefreshed. Improving sleep habits (consistent schedule, reduced caffeine late in the day, and a calmer wind-down routine) can help the body move smoothly beyond Stage 1 into more restorative sleep.

NEW QUESTION # 45

A 75-year-old individual has sudden symptoms of numbness in one arm, difficulty speaking, and blurred vision. Which condition causes these symptoms?

- A. Metabolic syndrome
- B. Stroke

- C. Heart attack
- D. Epilepsy

Answer: B

Explanation:

A stroke occurs when blood flow to part of the brain is suddenly blocked (ischemic stroke) or a blood vessel in the brain ruptures (hemorrhagic stroke). Because brain tissue depends on a constant supply of oxygen and nutrients, even a brief interruption can cause rapid loss of function in the area of the brain that controls speech, movement, or vision. That is why stroke symptoms often appear suddenly and may affect only one side of the body.

The symptoms described—numbness in one arm, difficulty speaking, and blurred vision—are well-known warning signs of stroke. Many health education resources teach the FAST or BE FAST approach: facial drooping, arm weakness/numbness, speech difficulty, and urgency of time; vision changes are also commonly included as stroke warning signs. These symptoms reflect brain involvement rather than a problem starting in the heart or digestive system.

The other options do not match as closely. A heart attack typically causes chest pressure/pain, shortness of breath, sweating, and sometimes arm or jaw pain—but it does not usually present with sudden one-sided numbness, speech disturbance, and vision changes as the main features. Metabolic syndrome is a long-term cluster of risk factors (such as abdominal obesity, high blood pressure, abnormal cholesterol, and insulin resistance), not a sudden neurological event. Epilepsy can cause seizures, confusion, or loss of consciousness, but the specific combination of one-sided numbness with speech and vision changes is more characteristic of stroke. From a wellness perspective, this question reinforces two essentials: (1) recognition of stroke signs, and (2) immediate action, because rapid treatment can reduce brain damage and improve outcomes. If these symptoms occur, emergency services should be contacted urgently.

NEW QUESTION # 46

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