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최신 Courses and Certificates Health-Fitness-and-Wellness 무료 샘플문제 (Q12-Q17):

질문 # 12

Which of the following behaviors may indicate substance abuse? Choose 3 answers.

- A. Increasing time on the Internet
- B. Declining school or job performance
- C. Increasing secretiveness and isolation
- D. Fixating on specific tasks or processes
- E. Changing friends or peers abruptly

정답: B,C,E

설명:

Substance abuse can affect behavior, relationships, and responsibilities, often creating noticeable changes over time. Three common warning signs taught in wellness education include increasing secretiveness and isolation (A), changing friends abruptly (B), and declining school or job performance (D).

Secretiveness and isolation can occur when a person tries to hide use, avoid questions, or escape accountability. They may withdraw from family activities, spend more time alone, or become defensive about where they go or how they spend money. Abruptly changing friends or peers may reflect shifting toward social groups where substance use is more accepted or accessible, or distancing from peers who might challenge the behavior. This can also show up as changes in routines, hangouts, or unwillingness to introduce new friends to family.

Declining performance is a major functional sign. Substance misuse can impair attention, memory, motivation, punctuality, and decision-making. A person may miss classes or work, turn in incomplete assignments, lose interest in previously valued goals, or receive negative feedback from teachers or supervisors. When substance use becomes a priority, responsibilities often suffer. The other options are less specific. Increasing time on the Internet (C) can happen for many reasons (school, gaming, socializing, work) and is not a reliable indicator by itself. Fixating on specific tasks or processes (E) may relate to personality traits, stress, or certain mental health patterns; it is not a classic substance misuse warning sign without additional context.

Wellness guidance emphasizes looking for patterns and clusters of changes-behavioral shifts, social withdrawal, and performance decline-rather than relying on a single sign.

질문 # 13

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

- A. Heart attack
- B. Stroke
- C. Metabolic syndrome
- D. Epilepsy

정답: B

설명:

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.

질문 # 14

Under which category of drugs is cocaine classified?

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

정답: C

설명:

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.

질문 # 15

Which is a characteristic of SEL skills?

- A. They can be developed throughout adulthood
- B. They cannot be measured
- C. They take a short time to develop
- D. They can only be applied at work

정답: A

설명:

Social and Emotional Learning (SEL) skills include abilities like self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. A key characteristic of SEL skills is that they are learned and strengthened over time—not fixed traits—and they can continue to develop throughout adulthood. People refine SEL through life experiences, feedback, coaching, education, and intentional practice. For example, adults often improve communication, emotional regulation, empathy, and conflict resolution as they take on new roles such as employee, manager, partner, caregiver, or community member.

Option A fits this lifelong-development perspective. SEL skills build through repeated practice in real situations—handling stress, collaborating with others, managing frustration, and making thoughtful choices.

This is why SEL is described as a set of competencies that can be taught, practiced, and improved at any stage of life.

The other options are inaccurate. SEL skills do not typically take a short time to develop; while small improvements can happen quickly, strong skills usually require ongoing practice. SEL skills are also not limited to the workplace; they apply at school, home, sports teams, friendships, and community settings.

Finally, SEL skills can be measured in meaningful ways, such as through self-reflection checklists, observed behaviors, goal tracking, and growth over time in areas like cooperation, emotional regulation, and problem-solving.

In wellness education, understanding SEL as lifelong skills encourages a growth mindset: even if someone struggles with stress, confidence, or social connection now, they can improve with practice and support.

질문 # 16

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

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

정답: B

설명:

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.

질문 # 17

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