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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q22-Q27):

NEW QUESTION # 22

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

Answer: D

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 # 23

Which of the following have a positive impact on emotional health and wellness? Choose 3 answers.

- **A. Feelings of acceptance**
- **B. Realistic perceptions of success**
- C. Dependable work schedule
- D. Treating self to shopping spree
- **E. Supportive emotional environment**

Answer: A,B,E

Explanation:

Emotional health and wellness are strengthened by conditions that support stability, belonging, and balanced thinking. The three best choices are B (supportive emotional environment), D (feelings of acceptance), and E (realistic perceptions of success).

A supportive emotional environment includes safe relationships, respectful communication, and encouragement from family, friends, teachers, or teammates. Support helps people manage stress, recover from setbacks, and feel comfortable expressing emotions in healthy ways. Feelings of acceptance—being valued and included—reduce isolation and can improve self-esteem. Acceptance supports resilience because people are more likely to seek help, participate in activities, and maintain healthy relationships when they feel they belong.

Realistic perceptions of success are also key. Emotional wellness improves when goals and expectations are achievable and flexible. Realistic thinking helps prevent chronic disappointment, perfectionism, and harsh self-judgment. It encourages learning from mistakes and celebrating progress, which promotes motivation and healthier self-talk.

The other options are less reliable as "positive impact" factors. A dependable work schedule can help by providing structure, but it is not universally applicable (and for some people, work demands can increase stress). Treating yourself to a shopping spree may feel good briefly, but it is not a consistent wellness strategy and can sometimes create additional stress (financial pressure or guilt).

Wellness education emphasizes coping skills that build long-term stability—support networks, belonging, and realistic goal-setting—rather than short-term mood boosts.

NEW QUESTION # 24

Trying to understand the struggles that ELL students experience in a cohort is an example of which SEL competency?

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

- D. Social awareness

Answer: D

NEW QUESTION # 25

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

Answer: D

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 # 26

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

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

Answer: A,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 # 27

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