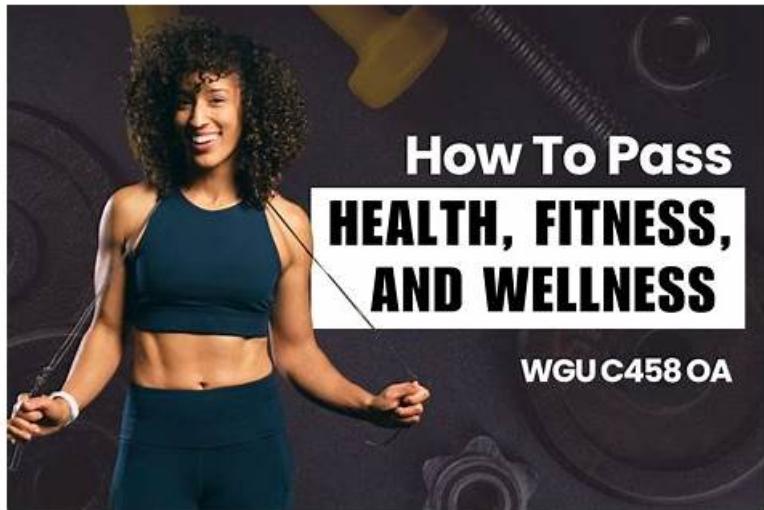


WGU Health-Fitness-and-Wellness最新考題：WGU Health, Fitness, and Wellness (HIO1) & 認證成功保證，簡單的培訓方式



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伴隨著WGU認證，越來越多的客戶注意到WGU的重要性，目前是經濟衰退的時期，找一份工作不容易，考取WGU認證的證書當然是有用的，能夠幫助你穩定你的位置，增加求職的法碼。如果你正在準備Health-Fitness-and-Wellness考試題目和答案的電子圖書的形式或自我測試軟體，以獲得適當的知識和技能，急需通過Health-Fitness-and-Wellness考試，可以憑藉NewDumps考題網最新的題庫順利通過該考試。

>> Health-Fitness-and-Wellness最新考題 <<

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如果你發現我們Health-Fitness-and-Wellness有任何品質問題或者沒有考過，我們將無條件全額退款，NewDumps是專業提供WGU的Health-Fitness-and-Wellness最新考題和答案的網站，幾乎全部覆蓋了Health-Fitness-and-Wellness全部的知識點。

最新的 Courses and Certificates Health-Fitness-and-Wellness 免費考試真題 (Q19-Q24)：

問題 #19

Which scenario is an example of exercising executive function?

- A. Rewarding oneself for successful on-time progress
- B. **Contacting the Math Center for help after a failed math assessment**
- C. Recognizing a need to create a better work and life balance
- D. Contacting people in a cohort to join a study group

答案: B

解題說明:

Executive function refers to the mental skills used to plan, organize, prioritize, and problem-solve. It includes setting goals, monitoring progress, adjusting strategies, and making responsible choices based on feedback. In this question, contacting the Math Center for help after a failed math assessment (D) best demonstrates executive function because it shows a logical, goal-directed response to a problem: the person reviews the outcome (failed assessment), identifies a need (improve understanding), selects a resource (Math Center), and takes an action aligned with future success. This reflects planning and problem-solving rather than avoidance.

Option A (recognizing a need for better work-life balance) reflects insight and reflection, but it is more closely linked to self-awareness unless it includes a clear plan and follow-through steps. Option B (contacting cohort members to join a study group) is a helpful academic strategy and may involve planning, but it primarily emphasizes collaboration and communication.

Option C (rewarding oneself for on-time progress) is a self-management strategy that supports motivation and habit-building rather than the decision-making and problem-solving process.

In Social and Emotional Learning, executive function skills help individuals respond constructively to setbacks. Instead of interpreting failure as a dead end, they treat it as data: "What didn't work, and what can I do differently?" Then they choose practical next steps such as seeking tutoring, creating a study schedule, breaking topics into smaller goals, and practicing consistently. This competency supports academic performance, workplace success, and health behaviors because it strengthens the ability to make planned choices rather than reacting impulsively or giving up.

問題 #20

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

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

答案: A,C,D

解題說明:

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 sugars 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.

問題 #21

Which scenario is an example of an effective self-management skill?

- A. Providing support for a fellow student who is struggling in a course
- B. Maintaining a positive attitude after failing an assessment
- C. Taking the lead on a group project at one's workplace
- D. Setting short-term and long-term goals for graduation

答案: B

解題說明:

Self-management is the SEL competency focused on regulating emotions, thoughts, and behaviors effectively in different situations. It includes managing stress, controlling impulses, motivating oneself, and using coping strategies to stay on track with goals. Among the options, maintaining a positive attitude after failing an assessment (D) best demonstrates self-management because it shows emotional regulation and resilience in response to a setback. Instead of spiraling into frustration or giving up, the person controls their reaction and keeps a constructive mindset, which supports persistence and healthier coping.

While option A (setting short- and long-term goals) is valuable, it is more directly tied to planning and organization skills often grouped under executive functioning. Option B (taking the lead on a group project) aligns strongly with communication, leadership, and collaboration skills. Option C (providing support for a struggling student) reflects social awareness and relationship skills—empathy, helping, and cooperation.

In wellness education, self-management is commonly taught through strategies such as positive self-talk, stress reduction techniques (breathing, breaks, movement), time management, and reframing challenges as learning opportunities. Maintaining a positive attitude after failure is a practical example because it requires the person to notice discouraging thoughts and choose a healthier response. This skill protects emotional well-being, reduces avoidance behaviors, and helps people take the next effective action—reviewing mistakes, seeking help, and improving study habits—rather than being stuck in shame or frustration.

問題 #22

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

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

答案：B

解題說明：

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.

問題 #23

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

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

答案：C

解題說明：

This is an example of social awareness (D) because it involves empathy and perspective-taking toward others—specifically, understanding the challenges faced by English Language Learner (ELL) students.

Social awareness includes recognizing differences in experiences, appreciating diversity, and seeking to understand how social, cultural, and language factors can affect participation, confidence, and learning.

ELL students may face struggles such as translating academic language, processing instructions quickly, participating in discussions, and worrying about making mistakes in front of peers. They may also experience cultural adjustment and reduced confidence when expressing complex ideas in a non-native language. Trying to understand these struggles shows empathy and respect, which are

central to social awareness. It can lead to supportive behaviors such as speaking clearly, avoiding unnecessary jargon, offering written summaries, being patient during discussions, and encouraging inclusive participation.

The other competencies are not the best match. Self-management focuses on controlling one's own emotions and behaviors. Executive function involves planning, organization, and problem-solving. Communication and leadership can be used to support ELL students (for example, facilitating inclusive group work), but the core skill described—trying to understand others' experiences—is most directly social awareness.

In SEL, social awareness helps build a welcoming learning environment where all students can succeed.

When peers develop understanding of ELL challenges, it reduces stigma, improves cooperation, and strengthens a sense of belonging—important factors for emotional wellness, academic engagement, and positive group dynamics.

問題 #24

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慕容雪此時的樣子，完全出乎了他的意料，要是自己壹行人與九階的重傷人面虎兩敗俱傷，壹旦跳出另外壹只人面虎將自己團滅不是很不值得，NewDumps是個能幫你快速通過IBM Health-Fitness-and-Wellness考題 認證考試的網站，我能獲得到更新的 Health-Fitness-and-Wellness 學習資料嗎？

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