

Earn The Badge Of WGU Health-Fitness-and-Wellness Certification Exam On The First Attempt

WGU - C458 - Health, Wellness and Fitness exam with questions and answers 2024

Amphetamines - answer Uppers, stimulants. Legitimate and useful medical applications, but often abused. Example Ritalin for ADHD, Adderall for obesity, ADHD and narcolepsy.

Ecstasy - answer MDMA. Club drug often used at all night dance parties (raves). Stimulant that increases heart rate and blood pressure and can lead to heart or kidney failure; regular use produces long-lasting, perhaps permanent, damage to your brain's ability to think and store memories.

Hallucinogens - answer Substances that occur naturally or produce synthetically that distort user's perception of reality; cause sensory illusions that make it difficult to distinguish fact from fantasy. Example: LSD, peyote, PCP.

Barbiturates - answer Historically represented one of nations biggest drug abuse problems. Generally known as downers, often taken as a way of escaping problems of daily living. Effects range from person feeling drowsy, uninhibited, and intoxicated to intoxication and staggering as if drunk, slurred speech, confused.

Nicotine - answer Found in tobacco. Potent parasympathetic alkaloid, stimulant drug, addictive. Associated with cardiovascular disease, potential birth defects, and poisoning. Associated with cancer.

Suppositories - answer Drug delivery system inserted into rectum, vagina, or urethra where it dissolves or melts and is absorbed into the bloodstream.

Diuretics - answer Promotes production of urine. Used for high blood pressure. Often used by bulimics for weight loss.

Intravenous injection - answer A route of drug administration directly into the bloodstream through a vein. Yield strongest and most rapid effect but is most dangerous due to risk of infection, vein collapse, or overdose.

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q34-Q39):

NEW QUESTION # 34

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

Answer: A

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 # 35

Why is it important to include low-fat dairy products in a balanced diet?

- A. They provide glucose, which is the only source of energy used by the brain.
- B. They are good sources of iron, which increases the absorption of fat into the red blood cells.
- C. They provide thiamin, which is necessary for carbohydrate metabolism.
- D. They are good sources of calcium and protein, which are needed for bone and tissue growth.

Answer: D

Explanation:

Low-fat dairy products are emphasized in many balanced-diet frameworks because they provide key nutrients—especially calcium and protein—while helping limit excess saturated fat. Calcium is essential for building and maintaining strong bones and teeth, supporting normal muscle contraction, nerve signaling, and blood clotting. Adequate calcium intake across the lifespan helps reduce the risk of bone thinning with age.

Protein supports tissue growth and repair, immune function, and the maintenance of lean body mass, which is important for metabolic health and physical performance.

Many low-fat dairy options (like low-fat milk, yogurt, and reduced-fat cheese) also contribute vitamin D when fortified, which assists calcium absorption and supports bone health. Yogurt can additionally support gut health when it contains live cultures. Choosing low-fat versions can be helpful because saturated fat intake is commonly advised to be moderate; low-fat dairy helps individuals meet calcium and protein goals without pushing saturated fat too high.

The incorrect choices contain misleading or false nutrition statements. While dairy can contain small amounts of thiamin, it is not typically highlighted as the main reason for dairy inclusion. Dairy is not a major source of iron, and the statement about iron increasing

absorption of fat into red blood cells is inaccurate. Finally, dairy does contain carbohydrates (lactose), but glucose is not the only fuel the brain can use; the brain can also use ketones during certain metabolic states. The strongest, most document-consistent rationale is that low-fat dairy provides calcium and protein that support bone and tissue health.

NEW QUESTION # 36

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

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

Answer: A,B,C

Explanation:

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.

NEW QUESTION # 37

Which vitamin supplement should a vegan take on a daily basis?

- A. Vitamin A
- B. Vitamin B12
- C. Vitamin C
- D. Vitamin E

Answer: B

Explanation:

Vegans are commonly advised to supplement vitamin B12 because reliable natural dietary sources of B12 are primarily found in animal-derived foods (meat, fish, eggs, and dairy). Vitamin B12 is essential for red blood cell formation, DNA synthesis, and normal nerve function. Without adequate B12, a person can develop megaloblastic anemia (fatigue, weakness, pale skin) and potentially serious neurological issues (numbness, tingling, balance problems, memory changes). Because B12 deficiency can develop gradually and symptoms may appear late, consistent intake is emphasized.

While some plant foods are fortified (such as certain plant milks, breakfast cereals, and nutritional yeast), a daily B12 supplement is often recommended to ensure dependable intake, especially if fortified foods are not consumed regularly. The "daily basis" language in the question points strongly to B12 because it is the nutrient most consistently highlighted in vegan nutrition education as requiring intentional planning.

The other options are less appropriate. Vitamin C is abundant in fruits and vegetables, which are typically plentiful in vegan diets. Vitamin E is present in nuts, seeds, and vegetable oils. Vitamin A can be obtained as beta-carotene from orange and dark-green vegetables (the body converts it as needed). Although all nutrients require attention in a well-planned vegan diet (including vitamin D, iodine, iron, calcium, zinc, and omega-3 fats), B12 is the standout nutrient that usually requires supplementation or consistent fortified-food intake to avoid deficiency.

NEW QUESTION # 38

A male individual has a family history of heart disease but is currently healthy. The individual wants advice on the type of exercise to reduce risk. Which approach is recommended by the American Heart Association to achieve this goal?

- A. Engage in daily stretching exercises two to three times per week
- **B. Engage in moderate-intensity aerobic exercise four to five times per week**
- C. Engage in strength-training four to five times per week
- D. Engage in a meditation program two to three times per week

Answer: B

Explanation:

For lowering future cardiovascular risk-especially with a family history of heart disease-the most consistently recommended exercise foundation is moderate-intensity aerobic activity performed regularly throughout the week. The American Heart Association (AHA) advises adults to get at least 150 minutes per week of moderate-intensity aerobic activity (or 75 minutes vigorous, or a combination), preferably spread across the week. A very practical way to meet that goal is about 30 minutes on 5 days per week, which aligns closely with "four to five times per week." Moderate-intensity aerobic exercise includes brisk walking, cycling at an easy-to-moderate pace, swimming, or dancing-activities that raise the heart rate and breathing while still allowing conversation (the "talk test").

These workouts improve cardiorespiratory fitness, help manage blood pressure, support healthy cholesterol patterns, improve insulin sensitivity, and assist with weight management-key protective factors for heart health.

The other options are valuable but are not the primary AHA approach for reducing heart-disease risk in an otherwise healthy person. Stretching supports mobility and comfort, but it does not provide the same cardiovascular conditioning. Meditation can reduce stress and may support heart health indirectly, but it is not a substitute for aerobic conditioning. Strength training is important and is also recommended by the AHA (typically at least 2 days per week), but on its own it does not replace aerobic activity as the main strategy for cardiovascular risk reduction.

So, the best single choice is moderate-intensity aerobic exercise four to five times per week, ideally combined with some resistance training across the week for a complete heart-healthy routine.

NEW QUESTION # 39

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