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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q35-Q40):

NEW QUESTION # 35

What are recommended ways to maintain good dental hygiene? Choose 3 answers.

- A. Flossing daily

- B. Visiting a dentist once a year
- C. Brushing teeth with rigorous strokes
- D. Brushing teeth after meals
- E. Using fluoride toothpaste

Answer: A,B,E

Explanation:

Good dental hygiene focuses on preventing cavities, gum disease, and bad breath by controlling plaque (a sticky film of bacteria) and strengthening tooth enamel. Three widely recommended, core strategies are: regular dental visits, brushing with fluoride toothpaste, and cleaning between teeth daily.

Using fluoride toothpaste (B) is strongly recommended because fluoride helps remineralize enamel and makes teeth more resistant to decay. Brushing twice daily with fluoride toothpaste removes plaque and reduces the bacteria that cause cavities and gum inflammation.

Flossing daily (C) is essential because a toothbrush cannot effectively clean the tight spaces between teeth or under the gumline edges. Flossing helps prevent cavities between teeth and reduces the risk of gingivitis by removing trapped food particles and plaque in areas brushes miss.

Visiting a dentist once a year (A) supports prevention through professional cleaning and early detection of cavities, gum disease, and other oral health issues. Some people may need checkups more often depending on risk, but "once a year" reflects a reasonable baseline for routine preventive care.

Two options are not ideal. Brushing with rigorous strokes (D) is discouraged because aggressive brushing can wear enamel and irritate gums, potentially leading to gum recession and sensitivity. Effective brushing should be gentle, thorough, and consistent, not forceful.

Brushing teeth after meals (E) can be helpful sometimes, but it is not always the top universal recommendation compared with twice-daily brushing and daily flossing. In some cases—especially after acidic foods or drinks—brushing immediately may not be ideal for enamel. Therefore, the best three foundational choices are A, B, and C.

NEW QUESTION # 36

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

Answer: A

Explanation:

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.

NEW QUESTION # 37

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 strength-training four to five times per week

- B. Engage in moderate-intensity aerobic exercise four to five times per week
- C. Engage in a meditation program two to three times per week
- D. Engage in daily stretching exercises 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 # 38

A 26-year-old individual has been experiencing fever, headache, and neck stiffness. Which main condition could this individual have developed?

- A. Asthma
- B. Hepatitis
- C. Ulcer
- D. Meningitis

Answer: D

Explanation:

Fever, headache, and neck stiffness are classic warning signs associated with meningitis, an inflammation of the meninges-the protective membranes covering the brain and spinal cord. This symptom combination is considered medically significant because meningitis can develop quickly and may become life-threatening without prompt evaluation and treatment. In many health education materials, the "triad" of fever + severe headache + stiff neck is strongly linked to meningitis, sometimes accompanied by sensitivity to light (photophobia), nausea/vomiting, confusion, or a rash (more common in certain bacterial types).

Meningitis can be caused by viruses (often milder and self-limited) or bacteria (more severe and requiring urgent antibiotics). Because bacterial meningitis can progress rapidly, the correct health and wellness guidance is to seek immediate medical care when these symptoms appear together-especially if symptoms are sudden, intense, or worsening.

The other options do not best match the symptom pattern. Hepatitis primarily affects the liver and is more commonly associated with fatigue, abdominal pain, nausea, dark urine, and jaundice rather than neck stiffness. An ulcer (stomach or duodenal) usually causes burning abdominal pain, indigestion, or nausea, not stiff neck and fever as key features. Asthma is a respiratory condition characterized by wheezing, chest tightness, coughing, and shortness of breath; it does not typically present with neck stiffness and fever.

From a wellness education perspective, prevention strategies include vaccination where appropriate (e.g., meningococcal vaccines), practicing good hygiene to reduce spread of infections, and understanding when symptoms require urgent medical attention.

Recognizing meningitis symptoms early is crucial because timely assessment and treatment can significantly improve outcomes.

NEW QUESTION # 39

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. Social awareness
- B. Self-awareness

- C. Communication and leadership
- D. Self-management

Answer: A

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 # 40

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