

2026 Realistic WGU Review Health-Fitness-and-Wellness Guide

WGU C458 Health, Fitness and Wellness Exam

2026
Question and Answers
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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q28-Q33):

NEW QUESTION # 28

Contacting the Writing Center for help after reviewing comments on a failed writing assessment is an example of which SEL competency?

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

Answer: D

Explanation:

This scenario best fits executive function (C) because it shows a structured, problem-solving response to feedback. Executive function includes planning, organizing, evaluating results, and choosing effective strategies to improve performance. Here, the individual first reviews comments (analyzes information), identifies the gap (why the assessment was unsuccessful), then selects an appropriate support resource (the Writing Center) and takes action. That sequence—reflect, plan, and act—represents executive functioning in a practical academic setting.

Executive function also includes persistence and flexible thinking. Instead of giving up or blaming external factors, the person uses feedback to guide a new approach. Contacting the Writing Center indicates the person is willing to adapt strategies, practice skills, and seek guidance. These behaviors increase the chance of improvement on future assignments because the individual is engaging in targeted learning rather than repeating the same approach.

The other options are less precise. Social awareness focuses on understanding others' emotions and perspectives; this scenario centers on improving one's own performance. Communication and leadership can be involved because the person will communicate with tutors or staff, but the key competency is the planning and decision-making behind seeking help. Self-management includes emotional control and motivation; it may play a supporting role (handling disappointment), but the central skill demonstrated is choosing an effective next step based on evaluation and planning—executive function.

In SEL-based wellness learning, executive function supports healthy coping with failure: using setbacks as information, adjusting study methods, and accessing resources. This approach strengthens confidence, reduces stress over time, and builds long-term academic resilience.

NEW QUESTION # 29

Which immune system proteins recognize and inactivate invaders?

- A. Hormones
- B. Cytokines
- C. Antigens
- D. Antibodies

Answer: D

Explanation:

Antibodies are specialized proteins made by the immune system to recognize, bind to, and help neutralize harmful invaders such as bacteria, viruses, and other foreign substances. They are produced by B lymphocytes (B cells), which can develop into plasma cells that release large amounts of antibodies into the blood and lymph. Each antibody is designed to fit a specific target, called an antigen, much like a key fits a lock.

When antibodies bind to antigens on the surface of an invader, they help "inactivate" the threat in several important ways. First, they can neutralize pathogens directly by blocking their ability to enter body cells or release toxins. Second, antibodies can tag invaders for destruction—a process called opsonization—making it easier for immune cells such as macrophages and neutrophils to engulf and break down the pathogen. Third, antibodies can activate the complement system, a group of proteins that can puncture pathogen membranes or amplify immune responses.

It's important to distinguish antibodies from the other options. Antigens are not immune proteins that protect you; they are the foreign markers on pathogens that antibodies recognize. Cytokines are signaling proteins that coordinate immune activity (they "communicate" between cells rather than specifically binding invaders).

Hormones regulate body functions like metabolism, growth, and stress response, but they are not the primary proteins that recognize pathogens.

In health and wellness, strong immune function is supported by adequate sleep, balanced nutrition (especially protein, vitamins A/C/D, zinc), stress management, and regular physical activity—all of which help the body produce and regulate immune components, including antibodies.

NEW QUESTION # 30

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

Answer: C

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 # 31

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

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

Answer: C

Explanation:

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.

NEW QUESTION # 32

Which result is a potential benefit for an overweight individual experiencing significant weight loss?

- A. Increased low-density lipoproteins
- B. Increased triglycerides
- C. Increased insulin sensitivity
- D. Increased muscle mass

Answer: C

Explanation:

A common and clinically meaningful benefit of significant weight loss in an overweight individual is increased insulin sensitivity. Insulin is a hormone that helps move glucose (sugar) from the bloodstream into body cells to be used for energy. When a person is overweight—especially with higher abdominal fat—cells often become less responsive to insulin, a condition called insulin resistance. To compensate, the body produces more insulin, and over time blood sugar control may worsen, increasing the risk for prediabetes and type 2 diabetes.

Weight loss can improve insulin sensitivity by reducing excess fat stores and lowering inflammation that interferes with normal insulin signaling. As cells respond better to insulin, the body can manage blood glucose more effectively, often resulting in steadier energy levels and improved metabolic health. This is one reason lifestyle changes that include improved nutrition and regular physical activity are emphasized for reducing diabetes risk.

The other options do not reflect typical health improvements linked to weight loss. Increased low-density lipoproteins (LDL) and increased triglycerides are generally considered unfavorable for cardiovascular health; healthy weight loss is more often associated with improvements in these markers (though individual results depend on diet quality, genetics, and activity). Increased muscle mass can occur if weight loss is paired with resistance training and adequate protein, but it is not the most consistent "automatic" outcome of weight loss; without strength training, some lean mass can be lost along with fat. The most reliable metabolic benefit highlighted in health education is better insulin action—meaning increased insulin sensitivity.

NEW QUESTION # 33

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