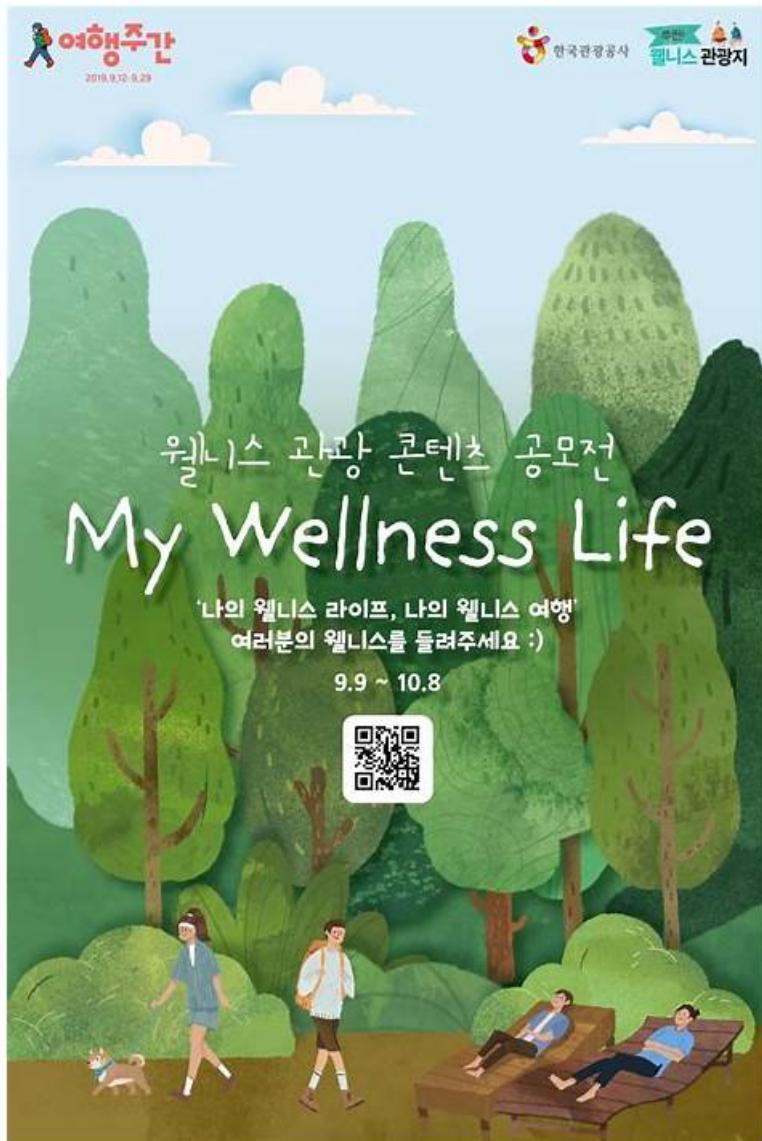


# 최신버전 Health-Fitness-and-Wellness 합격보장 가능 덤프 공부완벽한 시험덤프



Itexamdump는 다른 회사들이 이루지 못한 Itexamdump만의 매우 특별한 이점을 가지고 있습니다. Itexamdump의 WGU Health-Fitness-and-Wellness덤프는 전문적인 엔지니어들의 WGU Health-Fitness-and-Wellness 시험을 분석 이후에 선택이 된 문제들이고 적지만 매우 가치 있는 질문과 답변들로 되어있는 학습가이드입니다. 고객들은 단지 Itexamdump에서 제공해드리는 WGU Health-Fitness-and-Wellness덤프의 질문과 답변들을 이해하고 마스터하면 첫 시험에서 고득점으로 합격을 할 것입니다.

WGU인증 Health-Fitness-and-Wellness 시험을 패스해서 자격증을 취득하려고 하는데 시험비며 학원비며 공부자료비며 비용이 만만치 않다고요? 제일 저렴한 가격으로 제일 효과 좋은 Itexamdump 의 WGU인증 Health-Fitness-and-Wellness 덤프를 알고 계시는지요? Itexamdump 의 WGU인증 Health-Fitness-and-Wellness 덤프는 최신 시험문제에 근거하여 만들어진 시험준비공부가이드로서 학원공부 필요 없이 덤프공부만으로도 시험을 한방에 패스할 수 있습니다. 덤프를 구매하신분은 철저한 구매후 서비스도 받을 수 있습니다.

>> Health-Fitness-and-Wellness 합격보장 가능 덤프 공부 <<

**Health-Fitness-and-Wellness 유익한 공부문제, Health-Fitness-and-Wellness 완벽한 공부문제**

취직을 원하시나요? 승진을 원하시나요? 연봉 인상을 원하시나요? 무엇을 원하시는 국제적으로 인정받은 IT인증자격증을 취득하는 것이 길입니다. WGU인증 Health-Fitness-and-Wellness 시험은 널리 인정받는 인기자격증의 시험과목입니다. WGU인증 Health-Fitness-and-Wellness 시험을 패스하여 자격증을 취득하면 소원이 이루어집니다. Itexamdump 의 WGU인증 Health-Fitness-and-Wellness 덤프는 시험패스율이 높아 WGU인증 Health-Fitness-and-Wellness 시험준비에 딱 좋은 공부자료입니다. Itexamdump에서 덤프를 마련하여 자격증취득에 도전하여 인생을 바꿔보세요.

## 최신 Courses and Certificates Health-Fitness-and-Wellness 무료샘플문제 (Q22-Q27):

### 질문 # 22

Which of the following is a type of barrier contraception?

- A. The patch
- B. The pill
- C. A diaphragm
- D. An IUD

정답: C

#### 설명:

Adiaphragm is a type of barrier contraception, meaning it works by physically blocking sperm from reaching the egg. It is a shallow, flexible cup that is placed inside the vagina to cover the cervix before sexual activity. Barrier methods reduce the chance of pregnancy by preventing sperm from entering the uterus.

Diaphragms are often used with spermicide to increase effectiveness, and correct use (proper placement and timing) is important for best results.

The other options are not barrier methods. An IUD (intrauterine device) is placed in the uterus and works through different mechanisms depending on type (copper or hormonal), but it does not function as a barrier placed over the cervix. The pill and the patch are hormonal contraceptives. They mainly prevent pregnancy by suppressing ovulation (preventing release of an egg) and by changing cervical mucus and the uterine lining.

In physical and reproductive health education, contraception is often categorized by method type: barrier (condoms, diaphragm, cervical cap), hormonal (pill, patch, ring, injection, implant), and intrauterine (IUD). It's also important to understand protection differences: many barrier methods (notably external and internal condoms) can reduce risk of sexually transmitted infections, while most non-barrier hormonal and intrauterine methods do not protect against infections. This is why education often emphasizes choosing methods based on pregnancy prevention goals, health considerations, and whether STI protection is needed.

So, among the choices listed, the diaphragm is clearly the barrier contraceptive.

### 질문 # 23

Which is a characteristic of SEL skills?

- A. They cannot be measured
- B. They can only be applied at work
- C. They take a short time to develop
- D. They can be developed throughout adulthood

정답: D

#### 설명:

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 don't 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.

#### 질문 # 24

A 75-year-old individual has sudden symptoms of numbness in one arm, difficulty speaking, and blurred vision. Which condition causes these symptoms?

- A. Stroke
- B. Heart attack
- C. Epilepsy
- D. Metabolic syndrome

정답: A

#### 설명:

A stroke occurs when blood flow to part of the brain is suddenly blocked (ischemic stroke) or a blood vessel in the brain ruptures (hemorrhagic stroke). Because brain tissue depends on a constant supply of oxygen and nutrients, even a brief interruption can cause rapid loss of function in the area of the brain that controls speech, movement, or vision. That is why stroke symptoms often appear suddenly and may affect only one side of the body.

The symptoms described—numbness in one arm, difficulty speaking, and blurred vision—are well-known warning signs of stroke. Many health education resources teach the FAST or BE FAST approach: facial drooping, arm weakness/numbness, speech difficulty, and urgency of time; vision changes are also commonly included as stroke warning signs. These symptoms reflect brain involvement rather than a problem starting in the heart or digestive system.

The other options do not match as closely. A heart attack typically causes chest pressure/pain, shortness of breath, sweating, and sometimes arm or jaw pain—but it does not usually present with sudden one-sided numbness, speech disturbance, and vision changes as the main features. Metabolic syndrome is a long-term cluster of risk factors (such as abdominal obesity, high blood pressure, abnormal cholesterol, and insulin resistance), not a sudden neurological event. Epilepsy can cause seizures, confusion, or loss of consciousness, but the specific combination of one-sided numbness with speech and vision changes is more characteristic of stroke. From a wellness perspective, this question reinforces two essentials: (1) recognition of stroke signs, and (2) immediate action, because rapid treatment can reduce brain damage and improve outcomes. If these symptoms occur, emergency services should be contacted urgently.

#### 질문 # 25

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

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

정답: A,B,E

#### 설명:

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.

### 질문 # 26

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

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

정답: D

#### 설명:

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.

### 질문 # 27

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WGU Health-Fitness-and-Wellness 시험을 한번에 합격할 수 없을가봐 두려워 하고 계시나요? 이 글을 보고 계신 분이 라면 링크를 클릭하여 저희 사이트를 방문해주세요. 저희 사이트에는 WGU Health-Fitness-and-Wellness 시험의 가장 최신 기출문제와 예상문제를 포함하고 있는 WGU Health-Fitness-and-Wellness 덤프자료를 제공해드립니다. 덤프에 있는 문제와 답을 완벽하게 기억하시면 가장 빠른 시일내에 가장 적은 투자로 자격증 취득이 가능합니다.

**Health-Fitness-and-Wellness유 효한 공부문제:** <https://www.itexamdum.com/Health-Fitness-and-Wellness.html>

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**최신버전 Health-Fitness-and-Wellness 합격보장 가능 덤프공부 덤프자료는 WGU Health, Fitness, and Wellness (HIO1) 시험패스의 가장 좋은 자료**

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저희 Itexamdum은 국제공인 IT 자격증 취득을 목표로 Health-Fitness-and-Wellness 완벽한 공부문제를 하고 있는 여러분

들을 위해 적중율 좋은 시험대비 덤프를 제공해드립니다. 거의 100%의 정확도를 자랑하고 있습니다.