

Health-Fitness-and-Wellness予想試験、Health-Fitness-and-Wellness認定資格試験問題集

健康運動実践指導者

令和7年度テキスト版

試験対策問題集

P.S.JPNTestがGoogle Driveで共有している無料の2026 WGU Health-Fitness-and-Wellnessダンプ：<https://drive.google.com/open?id=1LsFt0L2wkGdam-90Yf6NqReGPZ5SbBT0>

電子デバイスでの学習は、実際の研究に触れることに反します。Health-Fitness-and-Wellness試験ダンプは、Health-Fitness-and-Wellness試験教材の世界有数のプロバイダーの1つとして知られています。便宜上、今後の参考のためにいくつかのデモを提供しており、それらのダウンロードに対して料金を請求しないことをお約束します。したがって、ダウンロードしてHealth-Fitness-and-Wellness試験をお試してください。その後、Health-Fitness-and-Wellnessテストの質問を使用することが適切かどうかわかります。ダウンロードに問題がある場合は、必ずサービスにアクセスしてください。

きみはWGUのHealth-Fitness-and-Wellness認定テストに合格するためにたくさんのルートを選択肢があります。JPNTestは君のために良い訓練ツールを提供し、君のWGU認証試に高品質の参考資料を提供いたします。あなたの全部な需要を満たすためにいつも頑張ります。

>> Health-Fitness-and-Wellness予想試験 <<

Health-Fitness-and-Wellness試験の準備方法 | 最新のHealth-Fitness-and-Wellness予想試験試験 | 完璧なWGU Health, Fitness, and Wellness (HIO1) 認定資格試験問題集

今は時間がそんなに重要な社会でもっとも少ないお時間を使ってHealth-Fitness-and-Wellness試験に合格するのは一番よいだと思います。JPNTestが短期な訓練を提供し、一回に君のHealth-Fitness-and-Wellness試験に合格させることができます。

WGU Health, Fitness, and Wellness (HIO1) 認定 Health-Fitness-and-Wellness 試験問題 (Q43-Q48):

質問 # 43

Using face-to-face employee reviews to gain a better understanding of the employee's feelings and perspective is an example of which SEL competency?

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

正解: C

解説:

This scenario best matches social awareness (A). Social awareness involves understanding others' feelings, perspectives, and needs, and responding with empathy and respect. In a face-to-face employee review, the reviewer can observe nonverbal cues (tone, facial

expression, posture), ask clarifying questions, and listen actively. This helps the manager accurately understand the employee's experience, concerns, and motivations—key components of social awareness.

Social awareness supports fair and supportive workplace interactions. Rather than focusing only on performance metrics, a socially aware approach considers the human factors that affect performance:

workload stress, unclear expectations, confidence, interpersonal conflict, or barriers outside work. By understanding the employee's perspective, the manager can respond more effectively—adjusting goals, offering training, clarifying expectations, or providing resources. This strengthens trust and can improve both well-being and productivity.

The other competencies do not fit as precisely. Executive function focuses on planning, organization, and impulse control—important for running a review but not the key skill described. Self-awareness involves recognizing one's own emotions and biases, which can be helpful during reviews, but the question emphasizes understanding the employee's feelings and perspective. Communication and leadership are certainly involved in conducting reviews, but the specific focus here is empathy and perspective-taking, which is the hallmark of social awareness.

In SEL, social awareness helps people build healthier relationships, reduce conflict, and create supportive environments—exactly what a thoughtful face-to-face review is meant to accomplish.

質問 # 44

Which of the following is a type of barrier contraception?

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

正解: C

解説:

A diaphragm 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.

質問 # 45

An individual is having a long and stressful day at work and decides to take a break and join coworkers for a walk outside. Which strategy is this individual using to manage stress?

- A. Resiliency
- B. Meditation
- C. Exercise
- D. Relaxation

正解: C

解説:

Taking a walk outside is a clear example of using exercise as a stress-management strategy. Even moderate activity—like a brisk walk—can help the body discharge built-up tension and shift the nervous system toward a calmer state. Physical activity supports stress management by improving circulation, loosening muscle tightness, and triggering brain chemistry changes associated with improved mood and reduced stress. Many people notice they feel more clear-headed and less irritable after moving their body, even for a short time.

A walk during a stressful workday also offers a practical "reset." It interrupts prolonged mental strain, creates a change of environment, and can reduce overload from screens, noise, or constant demands. Walking with coworkers may add a supportive social element—light conversation and connection can further buffer stress.

Fresh air and daylight can also help regulate energy and alertness, making it easier to return to tasks with improved focus.

While walking can feel relaxing, the most accurate category among the options is exercise, because the core action is physical movement intended to relieve stress. Relaxation strategies usually refer to deliberate calming techniques such as deep breathing, progressive muscle relaxation, or listening to calming music. Meditation involves focused attention or mindful awareness practices. Resiliency describes long-term capacity to adapt and recover from stress; it's an outcome and skill set built over time, not the immediate strategy described in the moment.

In wellness education, exercise is often recommended because it is accessible, effective, and supports both mental and physical health—especially when done consistently.

質問 # 46

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. Setting short-term and long-term goals for graduation
- C. Maintaining a positive attitude after failing an assessment
- D. Taking the lead on a group project at one's workplace

正解: C

解説:

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.

質問 # 47

What is a dimension of social health?

- A. Seeking physical wellness
- B. Developing interpersonal relationships
- C. Completing an undergraduate degree
- D. Focusing efforts on workplace success

正解: B

解説:

A core dimension of social health is developing interpersonal relationships. Social health refers to how well a person connects with others, communicates, builds trust, resolves conflict, and maintains supportive networks. Healthy interpersonal relationships can include friendships, family connections, teammates, classmates, mentors, and community groups. Strong social ties are linked with better coping during stress, greater belonging, and improved overall well-being.

In Social and Emotional Learning (SEL), developing interpersonal relationships involves skills such as empathy, active listening, respectful communication, cooperation, and setting healthy boundaries. It also includes the ability to seek help when needed and to offer support to others appropriately. Social health is not simply "being popular"; it is about building relationships that are respectful, safe, and mutually supportive.

The other options are not direct dimensions of social health. Seeking physical wellness relates primarily to physical health behaviors (activity, sleep, hygiene, medical care). Completing an undergraduate degree is an educational achievement, which may influence

social opportunities but is not itself a dimension of social health. Focusing efforts on workplace success relates to career development and achievement; it can involve social skills, but it is not the definition of social health.

Social health matters in daily life because relationships influence choices and habits: friends and family can encourage healthy behaviors, provide emotional support, and help a person feel connected. In wellness education, students are often encouraged to practice communication skills, conflict resolution, and community involvement because these strengthen social health and contribute to healthier emotional functioning.

質問 # 48

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当社WGUのHealth-Fitness-and-Wellnessガイド急流は、過去の試験論文と業界での人気の傾向に基づいて、厳密な分析と要約を行っており、改訂および更新されています。Health-Fitness-and-Wellness試験問題により、洗練された概念が簡素化されました。このソフトウェアは、さまざまな自己学習および自己評価機能を強化して、学習結果を確認します。Health-Fitness-and-Wellnessテストトレントのソフトウェアは、統計レポート機能を提供し、学生が脆弱なリンクを見つけて対処するのに役立ちます。Health-Fitness-and-Wellness試験問題のこのバージョンを使用すると、試験に簡単に合格することができます。

Health-Fitness-and-Wellness認定資格試験問題集: <https://www.jpntest.com/shiken/Health-Fitness-and-Wellness-mondaishu>

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及第点だったようだ、伺候する者もなく、お力になって差し上げようとする人たちもない、一年間の無料更新サービスを提供する、一年間の無料更新、周知のように、Health-Fitness-and-Wellnessテスト問題集参考書で認定試験にパスするのは難しいで、テストコストも高価です。

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