

Health-Fitness-and-Wellness Latest Braindumps Files - Health-Fitness-and-Wellness Study Reference

Health, Fitness, and Wellness Notes C458

Unit 1: Physical Health, Module 1: Creating Movement

A: Skeletal System consists of **bones, cartilage, ligaments, and tendons** (20% of body weight). Humans are vertebrates w/vertebral column spine aka backbone.

1) **Bones:** rigid skeleton constitutes internal framework the body needs to stand, also supports/protects soft organs of body

Skull protects brain, eyes, nose.

Human skeleton has 206 bones.

4 classifications: long, short, flat, and irregular

2) **Joints aka articulation:** area where two bones come together.

3 categories based on range of movement: immovable, slightly movable, freely movable.

Shoulder is freely movable.

3) **Cartilage:** tough flexible tissue covers ends of bones of freely movable joints, protects bones via preventing rubbing. Gives shape/support other body parts (ears, nose, windpipe).

4) **Ligament:** connective tissue binds one bone to another. Helps hold structures together, allows for side-to-side stability.

ACL attaches thigh to shin and stabilizes knee joint.

5) **Tendons:** connective tissue that attaches muscle to bone and aids in movement of bone/structure.

Achilles tendon connects calf muscles to heel bone.

B: The Muscular System - enable heart to beat, chest rise/fall, blood vessels to regulate pressure/bloodflow, smiling, talking, exercising to stay fit/healthy.

Responsible for movement. Contraction: posture, joint stability, heat production.

3 types of muscle: striated, smooth, cardiac

1) **Striated aka skeletal muscle:** moves all bones, controls facial expression/eye movements.

Muscle fibers have an appearance of lines aka striations when viewed under microscope.

2) **Smooth muscle aka visceral:** lines walls of internal organs, e.g. intestines.

3) **Cardiac muscle:** combo of both striated and smooth, only example is the heart.

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q20-Q25):

NEW QUESTION # 20

A successful tennis player loses a first tournament. Despite the setback, the player is confident more training will lead to winning the next competition. Which mental health strategy is being employed?

- A. Meet self needs
- B. Avoidance
- C. Optimism
- D. Pursue happiness

Answer: C

Explanation:

The player is demonstrating optimism, a mental health strategy that involves maintaining a positive, realistic belief that future outcomes can improve through effort and learning. Optimism does not mean ignoring disappointment; it means interpreting setbacks as temporary and changeable, rather than permanent or personal failures. In this scenario, the athlete acknowledges the loss but believes that more training can improve performance and lead to success next time. That is classic optimistic thinking paired with a growth-oriented mindset.

Optimism supports emotional wellness by reducing feelings of helplessness and increasing resilience. After a loss, an optimistic person is more likely to reflect on what can be improved (skills, conditioning, strategy, recovery habits) and take constructive action. This approach helps manage stress because attention shifts from what went wrong to what can be done next. It also supports confidence and persistence—two qualities strongly linked with long-term achievement in sports and academics.

The other choices do not fit as well. Avoidance would look like ignoring the loss, skipping practice, or refusing to think about the tournament—none of which is happening. Pursue happiness is too general and doesn't capture the specific strategy of expecting improvement through future effort. Meet self needs refers more to self-care actions (rest, nutrition, boundaries, stress management), which can be part of recovery but is not the main strategy described.

In fitness and wellness learning, optimism is often taught alongside coping skills like reframing negative thoughts, setting process goals, and focusing on controllable actions—exactly what the player is doing by committing to training to influence the next outcome.

NEW QUESTION # 21

Working to develop one's ability to understand others' emotions is an example of which SEL competency?

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

Answer: C

Explanation:

Developing the ability to understand others' emotions is closely linked to empathy, which is a core part of SEL relationship skills and strong interpersonal communication. Among the provided options, the best match is communication and leadership (C) because effective communication and leadership depend on accurately reading others' emotions, responding respectfully, and adapting communication style to the needs of the situation. Leaders who understand emotions can motivate teams, resolve conflicts, and build trust—skills that are directly supported by empathy.

While self-awareness focuses on recognizing one's own emotions and patterns, the question specifically emphasizes understanding others' emotions, which goes beyond self-awareness. Self-management is about regulating one's own emotions and behavior, not interpreting others. Executive function relates to planning, attention, and impulse control; it supports good choices but is not the main competency for emotional understanding.

In practical terms, building this competency might include observing body language and tone, asking open-ended questions, listening without interrupting, and reflecting back what the other person seems to feel ("It sounds like you're frustrated"). This reduces misunderstandings and strengthens relationships. In school and work, it can improve teamwork, customer/patient interactions, and conflict resolution.

So, the most accurate answer from the given choices is communication and leadership, because understanding others' emotions is central to effective human interaction and leading others in supportive, respectful ways.

NEW QUESTION # 22

A new manager at a medical office uses active listening while interacting with employees. Which positive mental health strategy is the manager employing?

- A. Pursuing happiness by working with other employees in the office
- **B. Boosting emotional intelligence to recognize the emotions of others**
- C. Becoming optimistic with expectations of favorable outcomes to occur
- D. Meeting needs through achieving satisfaction from self-actualization

Answer: B

Explanation:

Active listening is a key skill within emotional intelligence, especially in workplaces where communication affects trust, morale, and performance. When a manager uses active listening, they are intentionally focusing on the speaker, asking clarifying questions, reflecting back what they heard, noticing tone and body language, and responding with respect. This supports recognizing and understanding the emotions of others, which is central to emotional intelligence and to strong social-emotional skills.

In a medical office, employees may experience pressure, time demands, and emotionally sensitive interactions. A manager who actively listens helps staff feel heard and valued, which can reduce stress and conflict. It also improves problem-solving: employees are more likely to share concerns early (workload issues, workflow barriers, interpersonal tension), allowing the manager to address problems before they escalate. Active listening supports psychological safety—people feel they can speak up without being dismissed—leading to better teamwork and a healthier work climate.

The other answer choices are less precise. "Pursuing happiness by working with other employees" is vague and doesn't describe a specific communication skill. "Meeting needs through self-actualization" relates to personal growth and fulfillment rather than a manager's interpersonal strategy during conversations.

"Becoming optimistic" focuses on expecting positive outcomes, which can be helpful, but it is not what active listening specifically represents. Active listening is most directly tied to building emotional awareness, empathy, and relationship skills—making boosting emotional intelligence the best match.

NEW QUESTION # 23

What is a dimension of social health?

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

Answer: C

Explanation:

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.

NEW QUESTION # 24

Many students in a preschool class are ill with a common cold. The teacher wants to avoid becoming infected. Which strategy will help reduce the possibility of transmission?

- **A. Wash hands frequently**
- B. Take vitamin C daily
- C. Eat a lot of dairy
- D. Drink plenty of water

Answer: A

Explanation:

Frequent handwashing is one of the most effective, evidence-based strategies to reduce the spread of the common cold in group settings like preschools. Cold viruses (most commonly rhinoviruses) spread through respiratory droplets and contaminated surfaces. In classrooms, children often touch shared toys, tables, doorknobs, and their faces. When a teacher touches these surfaces and then touches their eyes, nose, or mouth, the virus can enter the body. Washing hands frequently interrupts this route of transmission by physically removing germs before they can infect a person or be passed on to others.

Proper handwashing means using soap and water, scrubbing all hand surfaces (including between fingers and under nails) for at least 20 seconds, then rinsing and drying thoroughly. If soap and water aren't available, an alcohol-based hand sanitizer can help, though soap and water are preferred when hands are visibly dirty. In addition to hand hygiene, reducing face-touching and cleaning high-touch surfaces can further lower risk, but among the listed options, handwashing most directly reduces transmission.

The other choices support general health but don't reliably prevent infection on their own. Drinking water helps hydration and normal body function, yet it does not stop viruses from spreading. Vitamin C may support immune function, but research shows it has limited effect in preventing colds for most people and cannot replace hygiene measures. Eating dairy is not a proven strategy to prevent cold transmission and may be irrelevant to infection control. For teachers and students, consistent hand hygiene remains a cornerstone of infection prevention, especially in environments with close contact and frequent shared materials.

NEW QUESTION # 25

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