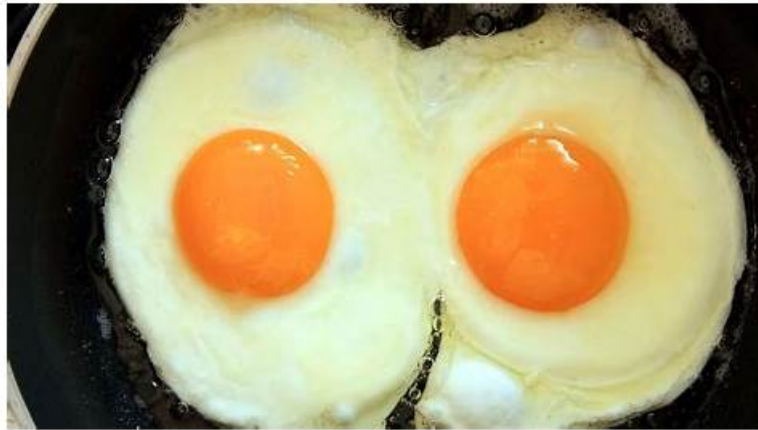


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## Exact Inside Health-Fitness-and-Wellness Latest Exam Questions Questions and Answers

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### WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q13-Q18):

#### NEW QUESTION # 13

Under which category of drugs is cocaine classified?

- A. Cannabinoid
- B. Depressants
- C. Stimulants
- D. Opioid

**Answer: C**

Explanation:

Cocaine is classified as astimulantbecause it speeds up activity in the central nervous system. Stimulants typically increase alertness, energy, and feelings of confidence or euphoria, while also raising heart rate and blood pressure. Cocaine produces these effects by

strongly increasing certain brain chemicals involved in reward and arousal, which is why it can feel intensely reinforcing and is associated with high risk of dependence.

From a health perspective, stimulant effects also explain many of cocaine's dangers. Short-term risks include rapid heartbeat, elevated blood pressure, agitation, anxiety, and impaired judgment. Because stimulants strain the cardiovascular system, cocaine use is associated with serious complications such as irregular heart rhythms, heart attack, stroke, overheating, and seizures-sometimes even in younger people. The risk increases with higher doses, repeated use, mixing with other substances, or underlying health conditions.

The other categories listed do not fit cocaine's primary effects. Opioids (such as heroin or certain prescription pain medicines) generally slow breathing and are known for pain relief and sedation. Depressants (such as alcohol or certain sedatives) slow down brain activity, often causing drowsiness and impaired coordination.

Cannabinoids are substances related to cannabis and have a different pattern of effects on perception, mood, and coordination. Cocaine's hallmark is stimulation-higher energy, faster body processes, and increased nervous system activity-sostimulants is the correct classification.

Understanding drug categories is important in health education because it helps explain expected effects, risks, signs of misuse, and why combining substances can be especially dangerous.

#### NEW QUESTION # 14

Which term describes the amount of energy that can be derived from food?

- A. Nutrient
- B. Vitamins
- C. Metabolism
- **D. Calories**

**Answer: D**

Explanation:

Calories are the standard unit used to describe the amount of energy provided by food and drinks, so option B is correct. In nutrition education, calories represent how much potential energy the body can obtain from what you eat. Your body uses this energy to power essential functions such as breathing, circulation, maintaining body temperature, repairing tissues, and supporting movement and exercise.

Calories primarily come from macronutrients: carbohydrates, fats, and proteins (and also alcohol). Each macronutrient contributes a certain amount of energy per gram, and the total calorie content of a food depends on how much of these macronutrients it contains. When energy intake from calories matches energy needs, body weight tends to stay stable. When intake is consistently higher than needs, excess energy is stored (often as body fat). When intake is consistently lower than needs, the body draws on stored energy, which can lead to weight loss.

The other options are related concepts but don't mean "energy amount." A nutrient is a broad term for substances the body needs for health (including carbohydrates, fats, proteins, vitamins, minerals, and water).

Not all nutrients provide energy-vitamins and minerals, for example, support body processes but do not supply calories. Vitamins are micronutrients required in small amounts for functions like immunity, vision, and energy metabolism, but they are not a direct measure of energy. Metabolism refers to the body's chemical processes that convert food into energy and building blocks; it describes the process, not the unit of energy.

For fitness and health, focusing on both calorie balance and nutrient quality is important-choosing nutrient-dense foods helps support performance, recovery, and long-term wellness.

#### NEW QUESTION # 15

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

**Answer: C**

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 # 16

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

**Answer: D**

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 # 17

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

**Answer: A**

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 # 18

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