

Health-Fitness-and-Wellness New Study Notes | Valid Health-Fitness-and-Wellness Exam Review

Module Four Wellness Plan

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Fill in all logs and answer the reflection questions completely [with supporting details for sections 1-3](#). After completing all sections, submit this file as your Module Two Wellness Plan assignment.

Section 1: Flexibility Workout Log

- Perform and log stretching exercises for all eight muscles listed below in 1 day.
- Module Four suggests starting with two repetitions held for 15 seconds for a total of 30 seconds for each exercise.
- Please use the following link for video demonstrations: [Wellness Plan Support](#)

Sample highlighted in Yellow:

		Training Plan Chart		
Flexibility Exercises	Muscle Stretched	Date	# of Repetitions	Time
Seated Trap Stretch	Upper back/neck	2/24	2	15 seconds
Lying Quad Stretch	Quadriceps	7-2	3	13 secs
Modified Hurdler's Stretch	Hamstrings	7-2	2	16 secs
Upper Back & Torso Stretch	Trapezius	7-2	2	15 secs
Calf Stretch	Gastrocnemius	7-2	3	13 secs
Lower Back Stretch	Lattissimus Dorsi	7-2	2	17 secs
Chest/ Bicep Stretch	Pectoralis/ Biceps	7-2	3	15 secs
Shoulder/ Triceps Stretch	Trapezius/ Deltoids	7-2	3	14 secs
Lying Abdominal Stretch	Abdominal	7-2	2	15 secs

Section 2: Muscular Strength and Endurance Log

Complete the chart below. Remember:

- Complete muscular exercises all on 1 Day.
- You may select a different exercise than what is listed.

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q37-Q42):

NEW QUESTION # 37

Which scenario is an example of an effective self-management skill?

- A. Taking the lead on a group project at one's workplace
- B. Providing support for a fellow student who is struggling in a course
- **C. Maintaining a positive attitude after failing an assessment**
- D. Setting short-term and long-term goals for graduation

Answer: C

Explanation:

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.

NEW QUESTION # 38

Which of the following is a type of barrier contraception?

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

Answer: B

Explanation:

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.

NEW QUESTION # 39

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

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

Answer: A,D,E

Explanation:

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.

NEW QUESTION # 40

A sedentary individual is encouraged by a physician to increase physical activity to 30 minutes at least three times per week. What will be the first noticeable health benefit of this regimen?

- A. Reduced risk of chronic disease
- B. Decreased sleep
- C. Elevated mood
- D. Increased total cholesterol

Answer: C

Explanation:

When a sedentary person begins exercising for 30 minutes at least three times per week, one of the earliest and most noticeable benefits is often an improvement in mood. Physical activity can produce near-term changes in brain chemistry and stress regulation—many people report feeling calmer, more positive, and less tense after even a single session. Public health guidance notes that some brain-related benefits of physical activity can happen immediately after a bout of moderate-to-vigorous activity, including reduced short-term feelings of anxiety.

This quick mood shift is tied to mechanisms emphasized in many fitness and wellness resources: exercise helps lower stress hormones and supports the release of "feel-good" neurochemicals (commonly discussed as endorphins), improving emotional state and helping with mild symptoms of stress or low mood. Mayo Clinic also highlights mood improvement as a key benefit of exercising several times per week.

The other answer choices are less appropriate as "first noticeable" benefits. Exercise does not cause "increased total cholesterol" as a desirable early outcome; over time, regular physical activity is more associated with healthier lipid patterns. "Reduced risk of chronic disease" is a real and important benefit, but it usually becomes measurable over weeks to months of consistency (and is not typically the first thing someone notices day-to-day). Finally, "decreased sleep" is not a typical health benefit—regular activity more commonly supports better sleep quality over time, not worse sleep.

In practical terms, early mood benefits can help build adherence: noticing you feel better after workouts makes it easier to maintain the routine long enough to earn the longer-term gains like improved fitness, blood pressure control, and reduced chronic disease risk.

NEW QUESTION # 41

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

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

Answer: C

Explanation:

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.

NEW QUESTION # 42

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