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## WGU C458 Health, Fitness and Wellness Questions and Answers 100% Pass

Nutrition ✓✓ provides the body with the nutrients it needs to perform its daily tasks

Undernutrition ✓✓ implies that the individual is not getting enough nutrients. This can occur even if the person is consuming more than enough calories

Malnutrition ✓✓ an imbalance of proper nutrients

Anorexia nervosa ✓✓ literally means loss of appetite, but this is a misnomer. A person with this is hungry, but denies the hunger because of an irrational fear of becoming fat. Self-starvation, food preoccupation and rituals, compulsive exercising, and often an absence of menstrual cycles in women. Untreated, can be fatal.

Bulimia ✓✓ characterized by recurring periods of binge eating, during which large amounts of food are consumed in a short period of time followed by purging (through self-induced vomiting, abuse of laxatives and/or diuretics) or periods of fasting

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## WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q33-Q38):

### NEW QUESTION # 33

Under which category of drugs is cocaine classified?

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

**Answer: D**

Explanation:

Cocaine is classified as a stimulant because 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—so stimulants 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 # 34

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. Pursue happiness
- **C. Optimism**
- D. Avoidance

**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 # 35

What are recommended ways to maintain good dental hygiene? Choose 3 answers.

- A. Brushing teeth after meals
- B. Flossing daily
- C. Brushing teeth with rigorous strokes
- D. Visiting a dentist once a year
- E. Using fluoride toothpaste

**Answer: B,D,E**

Explanation:

Good dental hygiene focuses on preventing cavities, gum disease, and bad breath by controlling plaque (a sticky film of bacteria) and strengthening tooth enamel. Three widely recommended, core strategies are:

regular dental visits, brushing with fluoride toothpaste, and cleaning between teeth daily.

Using fluoride toothpaste (B) is strongly recommended because fluoride helps remineralize enamel and makes teeth more resistant to decay. Brushing twice daily with fluoride toothpaste removes plaque and reduces the bacteria that cause cavities and gum inflammation.

Flossing daily (C) is essential because a toothbrush cannot effectively clean the tight spaces between teeth or under the gumline edges. Flossing helps prevent cavities between teeth and reduces the risk of gingivitis by removing trapped food particles and plaque in areas brushes miss.

Visiting a dentist once a year (A) supports prevention through professional cleaning and early detection of cavities, gum disease, and other oral health issues. Some people may need checkups more often depending on risk, but "once a year" reflects a reasonable baseline for routine preventive care.

Two options are not ideal. Brushing with rigorous strokes (D) is discouraged because aggressive brushing can wear enamel and irritate gums, potentially leading to gum recession and sensitivity. Effective brushing should be gentle, thorough, and consistent, not forceful.

Brushing teeth after meals (E) can be helpful sometimes, but it is not always the top universal recommendation compared with twice-daily brushing and daily flossing. In some cases-especially after acidic foods or drinks-brushing immediately may not be ideal for enamel. Therefore, the best three foundational choices are A, B, and C.

### NEW QUESTION # 36

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

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

**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 # 37

Which of the following is a type of barrier contraception?

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

**Answer: D**

Explanation:

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.

### NEW QUESTION # 38

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