

WGU Health-Fitness-and-Wellness模擬問題 & Health-Fitness-and-Wellness最新資料

WGU C458 HEALTH FITNESS AND WELLNESS EXAM 2024/2025 ACTUAL EXAM 2 VERSIONS WITH COMPLETE QUESTIONS WITH DETAILED VERIFIED ANSWERS (100% CORRECT ANSWERS) /ALREADY GRADED A+

Nutrition - Answerprovides the body with the nutrients it needs to perform its daily tasks

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

Malnutrition - Answeran imbalance of proper nutrients

Anorexia nervosa - Answerliterally 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 - Answercharacterized 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

Binge eating disorder (BED) - Answerepisodic binge eating characterized by eating rapidly, eating large amounts of food even when not feeling hungry, and feeling guilty or depressed after overeating.

Obesity - Answer15 to 20 percent above normal weight. Poor dietary patterns; include increased intake of sugars in sweetened soft drinks, foods, and meals of high energy, low nutrient density, and large portion sizes. At risk for serious health problems such as type 2 diabetes, hypertension, heart disease, stroke, and some types of cancer.

Minerals - Answerinorganic material. Form body parts (teeth and bones), maintain acid-base neutrality, regulate nerve impulses, osmotic pressure, and electrolyte balance

Major minerals - Answerneeded by the body:

- calcium—milk, cheese, sardines, salmon, green vegetables
- phosphorus—milk, cheese, lean meat
- potassium—oranges, bananas, dried fruits
- sulfur—eggs, poultry, fish
- sodium—table salt, beef, eggs, cheese
- chloride—table salt, meat

BONUS!!! GoShiken Health-Fitness-and-Wellnessダンプの一部を無料でダウンロード：<https://drive.google.com/open?id=136ETrLPchDP1bgBXrqaZoyQY4F83mnjB>

我々はHealth-Fitness-and-Wellness試験に失敗したら全額で返金するという承諾をしています。お客様は我々の商品を利用したら、試験の出題率は100%とはいきませんが、85%程度は出題されました、もし不幸であなたはHealth-Fitness-and-Wellness試験に失敗したら、あなたは失敗した成績書のスキャンを我々のメールアドレスに送って、我々は失敗の原因を問わず、あなたの支払ったHealth-Fitness-and-Wellness問題集の金額を全額であなたに戻り返してあなたの経済損失を減少します。

この情報が支配的な社会では、十分な知識を蓄積し、特定の分野で有能であることにより、社会での地位を確立し、高い社会的地位を獲得するのに役立ちます。Health-Fitness-and-Wellness認定に合格すると、これらの目標を実現し、高収入の良い仕事を見つけることができます。GoShikenのHealth-Fitness-and-Wellness模擬テストを購入すると、Health-Fitness-and-Wellness試験に簡単に合格できます。また、Health-Fitness-and-Wellness試験の質問で20~30時間だけ勉強すると、Health-Fitness-and-Wellness試験に簡単に合格します。

>> WGU Health-Fitness-and-Wellness模擬問題 <<

Health-Fitness-and-Wellness試験の準備方法 | 100%合格率Health-Fitness-and-Wellness模擬問題試験 | 最高のWGU Health, Fitness, and Wellness

(HIO1)最新資料

GoShikenはすべての受験生たちにふさわしい問題集を提供して、受験生の人々に試験に無事に合格するのを助けることができます。我々は100%Health-Fitness-and-Wellness試験に合格するのを承諾することができます。失敗すると返金するのはあなたの不安を解除することができます。お客様はHealth-Fitness-and-Wellness問題集を利用して試験に安心して合格することができます。

WGU Health, Fitness, and Wellness (HIO1) 認定 Health-Fitness-and-Wellness 試験問題 (Q12-Q17):

質問 # 12

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

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

正解: A

解説:

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.

質問 # 13

Which of the following is a type of barrier contraception?

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

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 # 14

Which description of the REM sleep phase is true?

- A. It is when most dreams occur.
- B. It is characterized by fluctuations between light sleep and wakefulness.
- C. It is characterized by slowed breathing and heart rate.
- D. It occurs in longer periods during the first half of the night.

正解: A

解説:

REM (Rapid Eye Movement) sleep is best known as the stage in which most vivid dreaming occurs, making option C the true description. During REM, brain activity becomes more active and can resemble wakefulness in some ways, which helps explain why dreams can feel intense, emotional, and story-like. REM plays an important role in mental recovery, learning, and emotional processing, which is why adequate sleep time supports mood and cognitive performance.

REM does not usually occur in longer periods during the first half of the night. Instead, sleep cycles repeat roughly every 90 minutes, and REM periods typically become longer later in the night, especially in the second half. That is why cutting sleep short often reduces REM time disproportionately.

Option B is also incorrect because REM is not defined by a steady slowing of breathing and heart rate. While the body's muscles are largely relaxed and temporarily "inhibited" to prevent acting out dreams, breathing and heart rate can be more variable in REM compared with deeper non-REM sleep.

Option D describes Stage 1 (N1) rather than REM. Stage 1 is the drifting transition where a person can easily wake up, whereas REM is a distinct phase within the sleep cycle.

From a health and wellness perspective, understanding REM can help explain why consistent sleep duration matters. People often feel mentally foggy or emotionally reactive when they miss sleep because REM and other key stages are shortened. Supporting REM sleep involves steady sleep-wake times, limiting alcohol close to bedtime, managing stress, and creating a dark, cool, quiet sleep environment.

質問 # 15

Trying to understand the struggles that ELL students experience in a cohort is an example of which SEL competency?

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

正解: C

解説:

This is an example of social awareness (D) because it involves empathy and perspective-taking toward others—specifically, understanding the challenges faced by English Language Learner (ELL) students.

Social awareness includes recognizing differences in experiences, appreciating diversity, and seeking to understand how social, cultural, and language factors can affect participation, confidence, and learning.

ELL students may face struggles such as translating academic language, processing instructions quickly, participating in discussions, and worrying about making mistakes in front of peers. They may also experience cultural adjustment and reduced confidence when expressing complex ideas in a non-native language. Trying to understand these struggles shows empathy and respect, which are central to social awareness. It can lead to supportive behaviors such as speaking clearly, avoiding unnecessary jargon, offering written summaries, being patient during discussions, and encouraging inclusive participation.

The other competencies are not the best match. Self-management focuses on controlling one's own emotions and behaviors. Executive function involves planning, organization, and problem-solving. Communication and leadership can be used to support ELL students (for example, facilitating inclusive group work), but the core skill described—trying to understand others' experiences—is most directly social awareness.

In SEL, social awareness helps build a welcoming learning environment where all students can succeed.

When peers develop understanding of ELL challenges, it reduces stigma, improves cooperation, and strengthens a sense of

belonging-important factors for emotional wellness, academic engagement, and positive group dynamics.

質問 # 16

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

正解: C

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 # 17

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Health-Fitness-and-Wellness認定試験の準備を完了したのですか。試験を目前に控え、自信満々と受験することができますか。もしまだ試験に合格する自信を持っていないなら、ここで最高の試験参考書を推奨します。ただ短時間の勉強で試験に合格できる最新のHealth-Fitness-and-Wellness問題集が登場しました。この素晴らしい問題集はGoShikenによって提供されます。

Health-Fitness-and-Wellness最新資料: <https://www.goshiken.com/WGU/Health-Fitness-and-Wellness-mondaishu.html>

私たちのHealth-Fitness-and-Wellness最新資料 - WGU Health, Fitness, and Wellness (HIO1)テスト練習参考書や試験自体については、いつでもお気軽にお問い合わせください、WGU Health-Fitness-and-Wellness模擬問題 一週24時間のサービスは弊社の態度を示しています、この一年間、もしHealth-Fitness-and-Wellness問題集が更新されたら、弊社はあなたにメールをお送りいたします、Health-Fitness-and-Wellness試験問題教材のデモを無料で提供して、お客様が購入前に試験学習資料の正確性を良く了解することができます、更新サービス提供、実際、適切なHealth-Fitness-and-WellnessのWGU Health, Fitness, and Wellness (HIO1)学習教材を使用することで可能になります、Health-Fitness-and-Wellness試験の質問を選択すると、Health-Fitness-and-Wellness試験の準備に時間を費やす必要がなくなり、考えすぎになりません、Health-Fitness-and-Wellness試験問題を有名でトップランクのブランドに作り上げました。

そのくせ萎えた一物は少しずつ硬度を増していくのだから身体はウソをつかないHealth-Fitness-and-Wellness、それから唇を尖らせて鼻先に軽く口付けた、私たちのWGU Health, Fitness, and Wellness (HIO1)テスト練習参考書や試験自体については、いつでもお気軽にお問い合わせください。

更新する-最新のHealth-Fitness-and-Wellness模擬問題試験-試験の準備方法Health-Fitness-and-Wellness最新資料

一週24時間のサービスは弊社の態度を示しています、この一年間、もしHealth-Fitness-and-Wellness問題集が更新

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更新サービス提供。

- 検証するHealth-Fitness-and-Wellness模擬問題試験-試験の準備方法-素晴らしいHealth-Fitness-and-Wellness最新資料 → www.japancert.com で [Health-Fitness-and-Wellness] を検索して、無料で簡単にダウンロードできます Health-Fitness-and-Wellnessテスト内容
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- Health-Fitness-and-Wellness復習解答例 □ Health-Fitness-and-Wellness資格認定試験 □ Health-Fitness-and-Wellness受験料 □ 【 Health-Fitness-and-Wellness 】 を無料でダウンロード [www.jpctestking.com] で検索するだけ Health-Fitness-and-Wellnessミシユレーション問題
- 試験の準備方法-有難いHealth-Fitness-and-Wellness模擬問題試験-100%合格率のHealth-Fitness-and-Wellness最新資料 □ ⇒ Health-Fitness-and-Wellness □□□ を無料でダウンロード ✨ www.goshiken.com □ ✨ □ で検索するだけ Health-Fitness-and-Wellnessテスト内容
- 効率的なHealth-Fitness-and-Wellness模擬問題 - 合格スムーズHealth-Fitness-and-Wellness最新資料 | 更新する Health-Fitness-and-Wellness日本語 □ ウェブサイト ⇒ www.goshiken.com □ を開き、「 Health-Fitness-and-Wellness 」 を検索して無料でダウンロードしてください Health-Fitness-and-Wellnessテスト内容
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P.S. GoShikenがGoogle Driveで共有している無料かつ新しいHealth-Fitness-and-Wellnessダン
プ: <https://drive.google.com/open?id=136ETrLPchDP1bgBXrqaZoyQY4F83mnjB>