

Free 1 year WGU Health-Fitness-and-Wellness Dumps Updates

WGU - C458 - Health, Wellness and Fitness exam with questions and answers 2024

Amphetamines - answer Uppers, stimulants. Legitimate and useful medical applications, but often abused. Example Ritalin for ADHD, Adderall for obesity, ADHD and narcolepsy.

Ecstasy - answer MDMA. Club drug often used at all night dance parties (raves). Stimulant that increases heart rate and blood pressure and can lead to heart or kidney failure; regular use produces long-lasting, perhaps permanent, damage to your brain's ability to think and store memories.

Hallucinogens - answer Substances that occur naturally or produce synthetically that distort user's perception of reality; cause sensory illusions that make it difficult to distinguish fact from fantasy. Example: LSD, peyote, PCP.

Barbiturates - answer Historically represented one of nations biggest drug abuse problems. Generally known as downers, often taken as a way of escaping problems of daily living. Effects range from person feeling drowsy, uninhibited, and intoxicated to intoxication and staggering as if drunk, slurred speech, confused.

Nicotine - answer Found in tobacco. Potent parasympathetic alkaloid, stimulant drug, addictive. Associated with cardiovascular disease, potential birth defects, and poisoning. Associated with cancer.

Suppositories - answer Drug delivery system inserted into rectum, vagina, or urethra where it dissolves or melts and is absorbed into the bloodstream.

Diuretics - answer Promotes production of urine. Used for high blood pressure. Often used by bulimics for weight loss.

Intravenous injection - answer A route of drug administration directly into the bloodstream through a vein. Yield strongest and most rapid effect but is most dangerous due to risk of infection, vein collapse, or overdose.

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q40-Q45):

NEW QUESTION # 40

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

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

Answer: D

NEW QUESTION # 41

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

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

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 # 42

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. Communication and leadership
- B. Self-management
- C. Self-awareness
- **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 # 43

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. Drink plenty of water
- C. Take vitamin C daily
- D. Eat a lot of dairy

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 # 44

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

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

Answer: C

Explanation:

Calories are the standard unit used to describe the amount of energy provided by food and drinks, so option C 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 # 45

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