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## WGU - C458 - Health, Wellness and Fitness Questions and Answers Already Passed

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

Ecstasy ✓✓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 ✓✓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 ✓✓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.

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### **WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q42-Q47):**

#### **NEW QUESTION # 42**

Using face-to-face employee reviews to gain a better understanding of the employee's feelings and perspective is an example of which SEL competency?

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

**Answer: D**

Explanation:

This scenario best matches social awareness (A). Social awareness involves understanding others' feelings, perspectives, and needs, and responding with empathy and respect. In a face-to-face employee review, the reviewer can observe nonverbal cues (tone, facial expression, posture), ask clarifying questions, and listen actively. This helps the manager accurately understand the employee's experience, concerns, and motivations—key components of social awareness.

Social awareness supports fair and supportive workplace interactions. Rather than focusing only on performance metrics, a socially aware approach considers the human factors that affect performance:

workload stress, unclear expectations, confidence, interpersonal conflict, or barriers outside work. By understanding the employee's perspective, the manager can respond more effectively—adjusting goals, offering training, clarifying expectations, or providing resources. This strengthens trust and can improve both well-being and productivity.

The other competencies do not fit as precisely. Executive function focuses on planning, organization, and impulse control—important for running a review but not the key skill described. Self-awareness involves recognizing one's own emotions and biases, which can be helpful during reviews, but the question emphasizes understanding the employee's feelings and perspective. Communication and leadership are certainly involved in conducting reviews, but the specific focus here is empathy and perspective-taking, which is the hallmark of social awareness.

In SEL, social awareness helps people build healthier relationships, reduce conflict, and create supportive environments—exactly what a thoughtful face-to-face review is meant to accomplish.

#### **NEW QUESTION # 43**

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

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

**Answer: A**

#### **NEW QUESTION # 44**

Under which category of drugs is cocaine classified?

- **A. Stimulants**

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

**Answer: A**

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 # 45

When an individual gives a presentation in front of a group, the individual's voice trembles and body shakes. Which type of stress response is the individual demonstrating?

- A. Cognitive
- B. Behavioral
- C. Physiological
- D. Emotional

**Answer: C**

Explanation:

A trembling voice and shaking body during a presentation reflect a physiological stress response.

Physiological responses are the body's automatic physical changes that occur when the brain perceives a threat—such as public speaking, performance pressure, or fear of judgment. This response is often described as the "fight-or-flight" reaction. The body releases stress hormones that increase alertness and prepare muscles for action. As a result, people may experience shaking, sweaty palms, dry mouth, faster heartbeat, rapid breathing, or a tight chest.

In this scenario, the individual's symptoms are clearly physical. Voice trembling can occur because breathing becomes shallow and muscles around the throat tighten. Body shaking can happen from adrenaline effects on muscles and increased nerve activation. These reactions can be uncomfortable but are common, especially when someone feels evaluated by others.

The other categories do not best match the described signs. Cognitive stress responses are thought-based, such as racing thoughts, difficulty concentrating, or negative self-talk ("I'm going to mess up"). Emotional responses involve feelings like fear, embarrassment, or irritability. Behavioral responses involve actions like avoiding the presentation, fidgeting, or speaking too quickly. While cognitive, emotional, and behavioral responses may also be present, the question specifically describes physical symptoms, which are physiological.

Wellness strategies that help reduce physiological stress symptoms include slow breathing (longer exhales), grounding techniques, practicing the presentation, arriving early to acclimate, and reframing nerves as normal performance energy. Over time, repeated exposure and preparation can reduce the intensity of these bodily reactions.

#### NEW QUESTION # 46

An individual is having a long and stressful day at work and decides to take a break and join coworkers for a walk outside. Which strategy is this individual using to manage stress?

- A. Exercise

- B. Resiliency
- C. Meditation
- D. Relaxation

**Answer: A**

Explanation:

Taking a walk outside is a clear example of using exercise as a stress-management strategy. Even moderate activity-like a brisk walk-can help the body discharge built-up tension and shift the nervous system toward a calmer state. Physical activity supports stress management by improving circulation, loosening muscle tightness, and triggering brain chemistry changes associated with improved mood and reduced stress. Many people notice they feel more clear-headed and less irritable after moving their body, even for a short time.

A walk during a stressful workday also offers a practical "reset." It interrupts prolonged mental strain, creates a change of environment, and can reduce overload from screens, noise, or constant demands. Walking with coworkers may add a supportive social element-light conversation and connection can further buffer stress.

Fresh air and daylight can also help regulate energy and alertness, making it easier to return to tasks with improved focus.

While walking can feel relaxing, the most accurate category among the options is exercise, because the core action is physical movement intended to relieve stress. Relaxation strategies usually refer to deliberate calming techniques such as deep breathing, progressive muscle relaxation, or listening to calming music. Meditation involves focused attention or mindful awareness practices. Resiliency describes long-term capacity to adapt and recover from stress; it's an outcome and skill set built over time, not the immediate strategy described in the moment.

In wellness education, exercise is often recommended because it is accessible, effective, and supports both mental and physical health-especially when done consistently.

#### NEW QUESTION # 47

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