

# Health-Fitness-and-Wellness Fragenpool & Health-Fitness-and-Wellness Prüfungsübungen



**Pool of Questions for Lecture Evaluation**

Name of lecturer:

Course title(s):

**Please note:**  
All questions printed in black are automatically included in the questionnaire ("basic questionnaire").  
Questions printed in grey are optional. Please tick the box next to those grey questions that you would like to include into the questionnaire.  
You may also add your own supplementary questions. Please enter these questions into the respective text box on the last page of the form.  
If you select or add additional questions, please limit yourself to a maximum of 15 additional questions to keep the questionnaire within a suitable length.

**1. Lecture**

1.1 Why do you attend the lecture? (multiple answers possible)

<input type="checkbox"/> interest in topic	<input type="checkbox"/> compulsory course
<input type="checkbox"/> preparation for examination	<input type="checkbox"/> reputation of lecturer
<input type="checkbox"/> suitable date	<input type="checkbox"/> no alternative available
<input type="checkbox"/> other reasons	

1.2 How many classes of the lecture did you attend?

<input type="checkbox"/> all	<input type="checkbox"/> all but one	<input type="checkbox"/> all but two
<input type="checkbox"/> all but three	<input type="checkbox"/> I missed more than three classes	

1.2.1 Filter re 1.2, answers 2 to 5: Why did you miss classes? (multiple answers possible)

<input type="checkbox"/> self-study / e-learning	<input type="checkbox"/> employment
<input type="checkbox"/> overlap with other courses	<input type="checkbox"/> illness
<input type="checkbox"/> caregiving	<input type="checkbox"/> other

1.3 I am interested in the lecture's topic.  
I totally disagree     I totally agree

1.4 The lecture's contents are comprehensible.  
I totally disagree     I totally agree

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Übrigens, Sie können die vollständige Version der Zertprüfung Health-Fitness-and-Wellness Prüfungsfragen aus dem Cloud-Speicher herunterladen: <https://drive.google.com/open?id=16-mVIHtApgKozPQYkO8a7Z1p16rzqlya>

Machen Sie sich noch Sorgen um die WGU Health-Fitness-and-Wellness Zertifizierungsprüfung? Bemühen Sie sich noch anstrengend um die WGU Health-Fitness-and-Wellness Zertifizierungsprüfung? Wollen Sie so schnell wie möglich die die WGU Health-Fitness-and-Wellness Zertifizierungsprüfung bestehen? Wählen Sie doch Zertprüfung! Mit ihm können Sie ganz schnell Ihren Traum verwirklichen.

Wenn Ihr Budget beschränkt ist und Sie brauchen vollständiges Schulungsunterlagen, versuchen Sie mal unsere Schulungsunterlagen zur WGU Health-Fitness-and-Wellness Zertifizierungsprüfung von Zertprüfung. Sie können Ihren Erfolg in der Prüfung garantieren. Zertprüfung ist eine populäre Website für Schulungsmaterialien zur Zeit im Internet. Health-Fitness-and-Wellness Prüfung wird ein Meilenstein in Ihrem Berufsleben sein. Sie ist wichtiger als je zuvor in der konkurrenzfähigen Gesellschaft. Wir versprechen, dass Sie nur einmal WGU Health-Fitness-and-Wellness Prüfung ganz leicht bestehen können. Und Ihre späte Arbeit und Alltagsleben werden sicher interessanter sein. Außerdem können Sie auch neue Gelegenheiten und Wege finden. Es ist wirklich preiswert. Der Wert, den Zertprüfung Ihnen verschafft, ist sicher viel mehr als den Preis.

>> Health-Fitness-and-Wellness Fragenpool <<

**Echte und neueste Health-Fitness-and-Wellness Fragen und Antworten der WGU Health-Fitness-and-Wellness Zertifizierungsprüfung**

Wenn Sie Online-Service für die Lerntipps zur WGU Health-Fitness-and-Wellness Zertifizierungsprüfung kaufen wollen, ist unser Zertpruefung einer der anführenden Websites. Wir bieten die neuesten Schulungsunterlagen von bester Qualität. Alle Lernmaterialien und Schulungsunterlagen zur WGU Health-Fitness-and-Wellness Zertifizierungsprüfung auf unserer Website entsprechen ihren Kosten. Sie genießen einen einjährigen kostenlosen Update-Service. Wenn alle unseren Produkte Ihnen nicht zum Bestehen der WGU Health-Fitness-and-Wellness Zertifizierungsprüfung Prüfung verhilft, erstatten wir Ihnen die gesammte Summe zurück.

## WGU Health, Fitness, and Wellness (HIO1) Health-Fitness-and-Wellness Prüfungsfragen mit Lösungen (Q12-Q17):

### 12. Frage

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-awareness
- C. Self-management
- **D. Social awareness**

**Antwort: D**

Begründung:

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.

### 13. Frage

A teenager has collapsed at a friend's house and is not responding. What is the first life-saving step to take?

- **A. Call 911.**
- B. Start chest compressions.
- C. Make the teenager comfortable.
- D. Find the teenager's parent.

**Antwort: A**

Begründung:

When a person collapses and is not responding, the first life-saving priority is to activate emergency medical help immediately.

Calling 911 brings trained responders and equipment (including defibrillators, oxygen, and medications) that can be crucial within minutes. In emergency care education, the earliest steps are often taught as: check responsiveness, shout for help, and call emergency services (or direct someone else to call) before moving into further actions.

After calling 911, the next step is to assess breathing. If the teen is not breathing normally (no breathing or only gasping), begin CPR—starting with chest compressions—and have someone retrieve an AED if available. If you are alone and have a phone, you can call 911 on speaker so you can follow dispatcher instructions while you begin the assessment and CPR steps. The key point is that calling 911 is the first action that ensures the fastest access to advanced care and professional guidance.

The other options delay effective treatment. Finding a parent can waste critical time, and a parent may not have emergency training or equipment. Making the teenager "comfortable" is not appropriate when the person is unresponsive; comfort measures apply when someone is awake, breathing adequately, and stable. Starting chest compressions can be vital after confirming abnormal breathing, but

from the provided choices, calling

911 is the best "first" step because it initiates the chain of survival and ensures help is on the way while you proceed with CPR steps.

#### 14. Frage

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

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

**Antwort: B**

Begründung:

Calories are the standard unit used to describe the amount of energy provided by food and drinks, so option B 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.

#### 15. Frage

Which of the following have a positive impact on emotional health and wellness? Choose 3 answers.

- A. Dependable work schedule
- **B. Supportive emotional environment**
- **C. Realistic perceptions of success**
- D. Treating self to shopping spree
- **E. Feelings of acceptance**

**Antwort: B,C,E**

Begründung:

Emotional health and wellness are strengthened by conditions that support stability, belonging, and balanced thinking. The three best choices are B (supportive emotional environment), D (feelings of acceptance), and E (realistic perceptions of success).

A supportive emotional environment includes safe relationships, respectful communication, and encouragement from family, friends, teachers, or teammates. Support helps people manage stress, recover from setbacks, and feel comfortable expressing emotions in healthy ways. Feelings of acceptance—being valued and included—reduce isolation and can improve self-esteem. Acceptance supports resilience because people are more likely to seek help, participate in activities, and maintain healthy relationships when they feel they belong.

Realistic perceptions of success are also key. Emotional wellness improves when goals and expectations are achievable and flexible. Realistic thinking helps prevent chronic disappointment, perfectionism, and harsh self-judgment. It encourages learning from mistakes and celebrating progress, which promotes motivation and healthier self-talk.

The other options are less reliable as "positive impact" factors. A dependable work schedule can help by providing structure, but it is not universally applicable (and for some people, work demands can increase stress). Treating yourself to a shopping spree may feel good briefly, but it is not a consistent wellness strategy and can sometimes create additional stress (financial pressure or guilt).

Wellness education emphasizes coping skills that build long-term stability—support networks, belonging, and realistic goal-setting—rather than short-term mood boosts.

## 16. Frage

Which method is an effective way to prevent cross-contamination?

- A. Cook foods in different pots and pans
- **B. Use different cutting boards for meat and produce**
- C. Store food in separate containers in the freezer
- D. Rinse produce before cutting or consuming

**Antwort: B**

Begründung:

Cross-contamination happens when harmful microorganisms (often from raw meat, poultry, seafood, or eggs) transfer to ready-to-eat foods such as fruits, vegetables, or cooked items. A highly effective prevention method is using different cutting boards for meat and produce (A). This practice prevents raw juices or residue-potentially containing bacteria-from contacting foods that may not be cooked afterward. It's especially important because many produce items are eaten raw, so any bacteria transferred onto them can be consumed.

While options B and C may help organization or cooking efficiency, they are not as direct or comprehensive for preventing cross-contamination during food preparation. Storing food in separate freezer containers can reduce mixing and mess, but cross-contamination most commonly occurs during prep on counters, boards, knives, and hands. Cooking foods in different pots and pans can help, yet bacteria are often transferred before foods reach the heat of cooking, and shared utensils or surfaces can still spread contaminants.

Option D (rinsing produce) can reduce dirt and some surface contamination, but it does not address the main cross-contamination pathway from raw meat to produce via cutting boards and utensils. Also, rinsing cannot be relied on to remove all harmful microorganisms once contamination occurs. Using separate boards-along with washing knives, counters, and hands with soap and warm water after handling raw animal products-is a cornerstone safety habit taught in health and nutrition education.

In short, separating raw and ready-to-eat foods at the cutting board level is one of the most effective, simple, and consistent ways to reduce food-borne illness risk.

## 17. Frage

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**Health-Fitness-and-Wellness Prüfungsübungen:** [https://www.zertpruefung.de/Health-Fitness-and-Wellness\\_exam.html](https://www.zertpruefung.de/Health-Fitness-and-Wellness_exam.html)

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Eine Jungfrau, eine Mutter und ein altes Weib, Health-Fitness-and-Wellness Fragenpool Albani hatte den Lenkstab in der linken und die Flinte in der rechten Faust und gebrauchte diese beiden Gegenstände als Balancestangen, Health-Fitness-and-Wellness indem er die Arme in der Luft herumwirbelte, um das Gleichgewicht zu erhalten.

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Gut vorbereitet von unseren professionellen Experten.

