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WGU C458 HEALTH FITNESS AND WELLNESS EXAM 2024 ACTUAL EXAM 2 VERSIONS WITH COMPLETE 500 QUESTIONS WITH DETAILED VERIFIED ANSWERS (100% CORRECT ANSWERS) /ALREADY GRADED A+

VERSION A

The most common form of fat in the body; excess calories consumed are converted into these and stored as body fat -ANSWER...**Triglycerides**

Basic nutrients that supply the body with the energy needed to sustain normal activity -ANSWER...**Carbohydrates**

The constituents of food that sustain us physiologically: proteins, carbohydrates, fats,

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For the recognition of skills and knowledge, more career opportunities, professional development, and higher salary potential, the

WGU Health-Fitness-and-Wellness certification exam is the proven way to achieve these tasks quickly. Overall, we can say that with the WGU Health, Fitness, and Wellness (HIO1) (Health-Fitness-and-Wellness) exam you can gain a competitive edge in your job search and advance your career in the tech industry.

WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q19-Q24):

NEW QUESTION # 19

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

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

Answer: D

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 # 20

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. Eat a lot of dairy
- **B. Wash hands frequently**
- C. Take vitamin C daily
- D. Drink plenty of water

Answer: B

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 # 21

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

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

Answer: A

Explanation:

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.

NEW QUESTION # 22

A male individual has a family history of heart disease but is currently healthy. The individual wants advice on the type of exercise to reduce risk. Which approach is recommended by the American Heart Association to achieve this goal?

- A. Engage in daily stretching exercises two to three times per week
- B. Engage in a meditation program two to three times per week
- C. Engage in strength-training four to five times per week
- **D. Engage in moderate-intensity aerobic exercise four to five times per week**

Answer: D

Explanation:

For lowering future cardiovascular risk-especially with a family history of heart disease-the most consistently recommended exercise foundation is moderate-intensity aerobic activity performed regularly throughout the week. The American Heart Association (AHA) advises adults to get at least 150 minutes per week of moderate-intensity aerobic activity (or 75 minutes vigorous, or a combination), preferably spread across the week. A very practical way to meet that goal is about 30 minutes on 5 days per week, which aligns closely with "four to five times per week." Moderate-intensity aerobic exercise includes brisk walking, cycling at an easy-to-moderate pace, swimming, or dancing-activities that raise the heart rate and breathing while still allowing conversation (the "talk test").

These workouts improve cardiorespiratory fitness, help manage blood pressure, support healthy cholesterol patterns, improve insulin sensitivity, and assist with weight management-key protective factors for heart health.

The other options are valuable but are not the primary AHA approach for reducing heart-disease risk in an otherwise healthy person. Stretching supports mobility and comfort, but it does not provide the same cardiovascular conditioning. Meditation can reduce stress and may support heart health indirectly, but it is not a substitute for aerobic conditioning. Strength training is important and is also recommended by the AHA (typically at least 2 days per week), but on its own it does not replace aerobic activity as the main strategy for cardiovascular risk reduction.

So, the best single choice is moderate-intensity aerobic exercise four to five times per week, ideally combined with some resistance training across the week for a complete heart-healthy routine.

NEW QUESTION # 23

Which result is a potential benefit for an overweight individual experiencing significant weight loss?

- A. Increased low-density lipoproteins
- B. Increased triglycerides
- C. Increased muscle mass
- **D. Increased insulin sensitivity**

Answer: D

Explanation:

A common and clinically meaningful benefit of significant weight loss in an overweight individual is increased insulin sensitivity. Insulin is a hormone that helps move glucose (sugar) from the bloodstream into body cells to be used for energy. When a person is overweight-especially with higher abdominal fat-cells often become less responsive to insulin, a condition called insulin resistance. To compensate, the body produces more insulin, and over time blood sugar control may worsen, increasing the risk for prediabetes and type 2 diabetes.

Weight loss can improve insulin sensitivity by reducing excess fat stores and lowering inflammation that interferes with normal insulin signaling. As cells respond better to insulin, the body can manage blood glucose more effectively, often resulting in steadier energy levels and improved metabolic health. This is one reason lifestyle changes that include improved nutrition and regular physical activity are emphasized for reducing diabetes risk.

The other options do not reflect typical health improvements linked to weight loss. Increased low-density lipoproteins (LDL) and increased triglycerides are generally considered unfavorable for cardiovascular health; healthy weight loss is more often associated with improvements in these markers (though individual results depend on diet quality, genetics, and activity). Increased muscle mass can occur if weight loss is paired with resistance training and adequate protein, but it is not the most consistent "automatic" outcome of weight loss; without strength training, some lean mass can be lost along with fat. The most reliable metabolic benefit highlighted in health education is better insulin action-meaning increased insulin sensitivity.

NEW QUESTION # 24

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