

Health-Fitness-and-Wellness Original Questions & Health-Fitness-and-Wellness Updated Dumps



Erasmus+ KA229 Healthy Bodies! Healthy Minds!
2019-1-RO01-KA229-063144



Physical Health Questionnaire

1. Your gender
 - Male
 - Female
2. How old are you?
 - under 12
 - 12
 - 13
 - 14
 - 15
 - 16
 - 17
 - 18 or older
3. How many times a week do you do sports?
 - I don't do sports
 - 1-3 times a week
 - 1-2 times a week
 - 3-4 times a week
 - More than 4 times a week
4. How long does your one workout take on average?
 - I don't do sports
 - Less than 30 min
 - Less than an hour
 - More than an hour
 - More than two hours

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>> Health-Fitness-and-Wellness Original Questions <<

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q25-Q30):

NEW QUESTION # 25

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. Self-awareness
- B. Communication and leadership
- C. Executive function
- 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 # 26

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

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

Answer: A

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 # 27

Which scenario is an example of exercising executive function?

- A. Recognizing a need to create a better work and life balance
- B. Contacting people in a cohort to join a study group
- C. Rewarding oneself for successful on-time progress
- **D. Contacting the Math Center for help after a failed math assessment**

Answer: D

Explanation:

Executive function refers to the mental skills used to plan, organize, prioritize, and problem-solve. It includes setting goals, monitoring progress, adjusting strategies, and making responsible choices based on feedback. In this question, contacting the Math Center for help after a failed math assessment (D) best demonstrates executive function because it shows a logical, goal-directed response to a problem: the person reviews the outcome (failed assessment), identifies a need (improve understanding), selects a resource (Math Center), and takes an action aligned with future success. This reflects planning and problem-solving rather than avoidance.

Option A (recognizing a need for better work-life balance) reflects insight and reflection, but it is more closely linked to self-awareness unless it includes a clear plan and follow-through steps. Option B (contacting cohort members to join a study group) is a helpful academic strategy and may involve planning, but it primarily emphasizes collaboration and communication.

Option C (rewarding oneself for on-time progress) is a self-management strategy that supports motivation and habit-building rather than the decision-making and problem-solving process.

In Social and Emotional Learning, executive function skills help individuals respond constructively to setbacks. Instead of interpreting failure as a dead end, they treat it as data: "What didn't work, and what can I do differently?" Then they choose practical next steps such as seeking tutoring, creating a study schedule, breaking topics into smaller goals, and practicing consistently. This competency supports academic performance, workplace success, and health behaviors because it strengthens the ability to make planned choices rather than reacting impulsively or giving up.

NEW QUESTION # 28

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

Answer: C

Explanation:

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.

NEW QUESTION # 29

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

- A. Metabolism
- B. Nutrient
- **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 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.

NEW QUESTION # 30

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The long list includes a brief description of each item, Health-Fitness-and-Wellness As I noted in an earlier article, certification can have value even for experienced Oracle professionals.

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