

Health-Fitness-and-Wellness合格記、Health-Fitness-and-Wellness試験勉強過去問



さらに、CertShiken Health-Fitness-and-Wellnessダンプの一部が現在無料で提供されています：https://drive.google.com/open?id=1c0Zf2744foOVmaDEGpny9rIT5c1_1v2a

CertShikenの助けのもとで君は大量のお金と時間を費やさなくても復讐にWGUのHealth-Fitness-and-Wellness認定試験に合格のは大丈夫でしょう。ソフトの問題集はCertShikenが実際問題によって、テストの問題と解答を分析して出来上がりました。CertShikenが提供したWGUのHealth-Fitness-and-Wellnessの問題集は真実の試験に緊密な相似性があります。

WGU Health-Fitness-and-Wellness Exam Syllabus Topics:

Section	Objectives
Nutrition and Healthy Eating	- Macronutrients and micronutrients - Dietary guidelines and balanced diet planning
Disease Prevention and Health Promotion	- Preventive health practices and lifestyle interventions - Chronic disease risk factors
Behavior Change and Mental Wellness	- Motivation and behavior change strategies - Stress management and coping techniques
Physical Fitness Principles	- Exercise principles (FITT principle, overload, progression, specificity) - Components of fitness (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition)
Foundations of Health and Wellness	- Dimensions of wellness (physical, emotional, social, intellectual, spiritual) - Determinants of health and lifestyle factors

>> Health-Fitness-and-Wellness合格記 <<

実際のなHealth-Fitness-and-Wellness合格記 & 合格スムーズHealth-Fitness-and-Wellness試験勉強過去問 | 素晴らしいHealth-Fitness-and-Wellnessトレーニングサンプル

CertShiken最高のHealth-Fitness-and-Wellnessテストトレントを提供する世界的なリーダーとして、私たちは大多数の消費者に包括的なサービスを提供し、統合サービスの構築に努めています。さらに、Health-Fitness-and-Wellness認定トレーニングアプリケーションのほか、インタラクティブな共有およびアフターサービスでブレークスルーを達成しました。実際問題として、当社WGUはすべてのクライアントの適切なソリューションの問題を考慮しています。ヘルプが必要な場合は、Health-Fitness-and-Wellnessガイドトレントに関するWGU Health, Fitness, and Wellness (HIO1)問題に対処するための即時サポートを提供し、Health-Fitness-and-Wellness試験の合格を支援します。

WGU Health, Fitness, and Wellness (HIO1) 認定 Health-Fitness-and-

Wellness 試驗問題 (Q41-Q46):

質問 # 41

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

正解: A

解説:

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.

質問 # 42

Which of the following contribute to a healthy diet? Select 3 answers.

- A. Consuming three-ounce equivalents or more per day of whole-grain foods
- B. Consuming whole-milk products after childhood
- C. Allocating over 20% of daily calories to saturated fatty acids
- D. Limiting intake of added sugars and salt
- E. Choosing a variety of fruits and vegetables each day

正解: A、D、E

解説:

A healthy diet supports steady energy, healthy body composition, heart health, digestion, and long-term disease prevention. The three options that most directly align with widely taught nutrition principles are limiting added sugars and salt (A), including whole grains (B), and eating a variety of fruits and vegetables (C).

Limiting added sugar helps reduce excess calorie intake with little nutritional value and supports healthier blood sugar patterns and dental health. Reducing salt (sodium) supports healthy blood pressure, which is a major protective factor for cardiovascular and kidney health. Choosing a variety of fruits and vegetables increases intake of fiber, potassium, and many vitamins and protective plant compounds. Variety matters because different colors and types provide different nutrient profiles (for example, leafy greens, orange vegetables, berries, and cruciferous vegetables each contribute unique benefits).

Consuming whole grains—such as oats, brown rice, whole-wheat bread, and whole-grain pasta—supports digestive health through fiber, improves fullness, and contributes nutrients like B vitamins and minerals.

Many educational nutrition plans encourage making at least half of grains whole, and "three-ounce equivalents or more" reflects a common daily target used in dietary planning.

The remaining options do not reflect healthy-diet guidance. Allocating over 20% of daily calories to saturated fat (D) is generally considered too high and is associated with poorer heart-health patterns when it displaces unsaturated fats. "Consuming whole-milk products after childhood (E)" is not a general requirement for health; while dairy can be part of a balanced diet, choosing lower-fat dairy is often recommended to limit saturated fat while still getting calcium and protein.

質問 # 43

A 75-year-old individual has sudden symptoms of numbness in one arm, difficulty speaking, and blurred vision. Which condition causes these symptoms?

- A. Metabolic syndrome
- **B. Stroke**
- C. Epilepsy
- D. Heart attack

正解: B

解説:

A stroke occurs when blood flow to part of the brain is suddenly blocked (ischemic stroke) or a blood vessel in the brain ruptures (hemorrhagic stroke). Because brain tissue depends on a constant supply of oxygen and nutrients, even a brief interruption can cause rapid loss of function in the area of the brain that controls speech, movement, or vision. That is why stroke symptoms often appear suddenly and may affect only one side of the body.

The symptoms described—numbness in one arm, difficulty speaking, and blurred vision—are well-known warning signs of stroke. Many health education resources teach the FAST or BE FAST approach: facial drooping, arm weakness/numbness, speech difficulty, and urgency of time; vision changes are also commonly included as stroke warning signs. These symptoms reflect brain involvement rather than a problem starting in the heart or digestive system.

The other options do not match as closely. A heart attack typically causes chest pressure/pain, shortness of breath, sweating, and sometimes arm or jaw pain—but it does not usually present with sudden one-sided numbness, speech disturbance, and vision changes as the main features. Metabolic syndrome is a long-term cluster of risk factors (such as abdominal obesity, high blood pressure, abnormal cholesterol, and insulin resistance), not a sudden neurological event. Epilepsy can cause seizures, confusion, or loss of consciousness, but the specific combination of one-sided numbness with speech and vision changes is more characteristic of stroke. From a wellness perspective, this question reinforces two essentials: (1) recognition of stroke signs, and (2) immediate action, because rapid treatment can reduce brain damage and improve outcomes. If these symptoms occur, emergency services should be contacted urgently.

質問 # 44

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

正解: D

解説:

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.

質問 # 45

A successful tennis player loses a first tournament. Despite the setback, the player is confident more training will lead to winning the next competition. Which mental health strategy is being employed?

- A. Optimism
- B. Avoidance
- C. Pursue happiness
- D. Meet self needs

正解: A

解説:

The player is demonstrating optimism, a mental health strategy that involves maintaining a positive, realistic belief that future outcomes can improve through effort and learning. Optimism does not mean ignoring disappointment; it means interpreting setbacks as temporary and changeable, rather than permanent or personal failures. In this scenario, the athlete acknowledges the loss but believes that more training can improve performance and lead to success next time. That is classic optimistic thinking paired with a growth-oriented mindset.

Optimism supports emotional wellness by reducing feelings of helplessness and increasing resilience. After a loss, an optimistic person is more likely to reflect on what can be improved (skills, conditioning, strategy, recovery habits) and take constructive action. This approach helps manage stress because attention shifts from what went wrong to what can be done next. It also supports confidence and persistence—two qualities strongly linked with long-term achievement in sports and academics.

The other choices do not fit as well. Avoidance would look like ignoring the loss, skipping practice, or refusing to think about the tournament—none of which is happening. Pursue happiness is too general and doesn't capture the specific strategy of expecting improvement through future effort. Meet self needs refers more to self-care actions (rest, nutrition, boundaries, stress management), which can be part of recovery but is not the main strategy described.

In fitness and wellness learning, optimism is often taught alongside coping skills like reframing negative thoughts, setting process goals, and focusing on controllable actions—exactly what the player is doing by committing to training to influence the next outcome.

質問 # 46

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