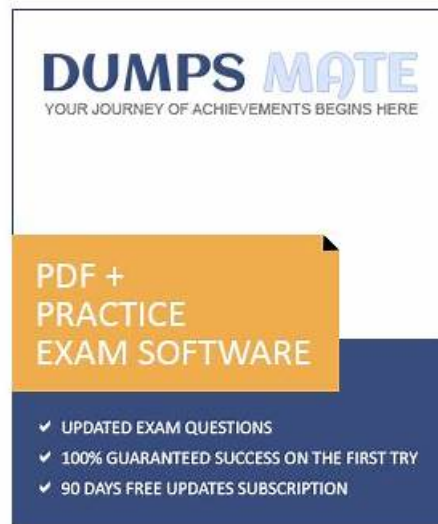


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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q28-Q33):

NEW QUESTION # 28

Which scenario is an example of exercising executive function?

- A. Recognizing a need to create a better work and life balance
- B. Rewarding oneself for successful on-time progress
- C. Contacting people in a cohort to join a study group
- 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 # 29

Which description of the REM sleep phase is true?

- A. It is characterized by fluctuations between light sleep and wakefulness.
- B. It is characterized by slowed breathing and heart rate.
- C. It occurs in longer periods during the first half of the night.
- D. It is when most dreams occur.

Answer: D

Explanation:

REM (Rapid Eye Movement) sleep is best known as the stage in which most vivid dreaming occurs, making option C the true description. During REM, brain activity becomes more active and can resemble wakefulness in some ways, which helps explain why dreams can feel intense, emotional, and story-like. REM plays an important role in mental recovery, learning, and emotional processing, which is why adequate sleep time supports mood and cognitive performance.

REM does not usually occur in longer periods during the first half of the night. Instead, sleep cycles repeat roughly every 90 minutes, and REM periods typically become longer later in the night, especially in the second half. That is why cutting sleep short often reduces REM time disproportionately.

Option B is also incorrect because REM is not defined by a steady slowing of breathing and heart rate. While the body's muscles are largely relaxed and temporarily "inhibited" to prevent acting out dreams, breathing and heart rate can be more variable in REM compared with deeper non-REM sleep.

Option D describes Stage 1 (N1) rather than REM. Stage 1 is the drifting transition where a person can easily wake up, whereas REM is a distinct phase within the sleep cycle.

From a health and wellness perspective, understanding REM can help explain why consistent sleep duration matters. People often feel mentally foggy or emotionally reactive when they miss sleep because REM and other key stages are shortened. Supporting REM sleep involves steady sleep-wake times, limiting alcohol close to bedtime, managing stress, and creating a dark, cool, quiet sleep environment.

NEW QUESTION # 30

Which SEL skill is characterized by critical thinking and responsible decision making?

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

Answer: D

Explanation:

Executive function best matches the description of critical thinking and responsible decision-making.

Executive function refers to mental skills that help a person plan, focus attention, remember instructions, manage impulses, and weigh consequences before acting. These abilities support "thinking before doing," which is central to making responsible, thoughtful choices in academics, relationships, and health behaviors.

Critical thinking is part of executive function because it involves analyzing information, evaluating options, anticipating outcomes, and selecting the most appropriate response. Responsible decision-making requires considering safety, ethics, long-term consequences, and the impact on others—processes strongly connected to executive functioning skills like impulse control, planning, and flexible thinking.

The other options are related SEL areas but do not best fit the prompt. Communication and leadership involve expressing ideas clearly, listening, persuading, and guiding others—important, but not the core of critical thinking itself. Social awareness focuses on empathy, understanding social cues, and appreciating others' perspectives—also crucial, but not primarily about analyzing options and consequences. Self-management involves regulating emotions and behaviors, managing stress, and staying motivated; it supports decision-making but is more about controlling reactions than the thinking process described.

In practical wellness terms, executive function helps someone pause before reacting in conflict, choose healthier coping strategies under stress, resist risky behaviors, and follow through on goals. Strengthening executive function can involve planning routines, breaking tasks into steps, using reminders, practicing mindful pauses, and reflecting on outcomes after decisions.

NEW QUESTION # 31

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. Heart attack
- C. Stroke
- D. Epilepsy

Answer: C

Explanation:

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.

NEW QUESTION # 32

Why is it important to include low-fat dairy products in a balanced diet?

- A. They are good sources of calcium and protein, which are needed for bone and tissue growth.
- B. They are good sources of iron, which increases the absorption of fat into the red blood cells.
- C. They provide glucose, which is the only source of energy used by the brain.
- D. They provide thiamin, which is necessary for carbohydrate metabolism.

Answer: A

Explanation:

Low-fat dairy products are emphasized in many balanced-diet frameworks because they provide key nutrients—especially calcium and protein—while helping limit excess saturated fat. Calcium is essential for building and maintaining strong bones and teeth, supporting normal muscle contraction, nerve signaling, and blood clotting. Adequate calcium intake across the lifespan helps reduce the risk of bone thinning with age.

Protein supports tissue growth and repair, immune function, and the maintenance of lean body mass, which is important for metabolic health and physical performance.

Many low-fat dairy options (like low-fat milk, yogurt, and reduced-fat cheese) also contribute vitamin D when fortified, which assists calcium absorption and supports bone health. Yogurt can additionally support gut health when it contains live cultures. Choosing low-fat versions can be helpful because saturated fat intake is commonly advised to be moderate; low-fat dairy helps individuals meet calcium and protein goals without pushing saturated fat too high.

The incorrect choices contain misleading or false nutrition statements. While dairy can contain small amounts of thiamin, it is not typically highlighted as the main reason for dairy inclusion. Dairy is not a major source of iron, and the statement about iron increasing absorption of fat into red blood cells is inaccurate. Finally, dairy does contain carbohydrates (lactose), but glucose is not the only fuel the brain can use; the brain can also use ketones during certain metabolic states. The strongest, most document-consistent rationale is that low-fat dairy provides calcium and protein that support bone and tissue health.

NEW QUESTION # 33

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