

# 100% Pass Valid EDGE - EDGE-Expert Exam Pass Guide

## Study Guide for Final Exam

All items on your Final Exam are taken directly from this study guide.  
Page numbers refer to the printed textbook. If you are using the eBook, you can search for answers.

### Chapter 1 Health in the 21st Century

1. Optimal **PHYSICAL** health physical health includes what 5 behaviors? (Page 3)
2. Briefly define each of the 7 dimensions of health and give an example of a behavior that would fall under each dimension. (Pages 3-4) **physical, intellectual, psychological, spiritual, social, environmental, and occupational**
3. What is the current life expectancy at birth in the U.S.? (Page 4) **78.8**
4. What is the leading cause of death in 15-24 year olds in the U.S.? (Page 4) **accidents/unintentional injuries**
5. T or F: One of the *primary* goals of Healthy People 2020 is to achieve *health equity* for all. (Page 6) **T**
6. Chronic disease rates in the U.S. are lowest for which ethnic group? (Page 6) **Asian Americans**
7. T or F: Unhealthy eating habits and physical inactivity are common for college students.? (Page 7) **T**
8. What was most common health problem reported by students in a recent nationwide study? (Page 7) **allergies**
9. Define "Globesity" (Page 8) **low cost foods**
10. What does a person with health literacy have the ability to do? (Page 11) **obtain and understand basic health information and services in order to make appropriate decisions for care**
11. T or F: When looking for health information online, you should seek out sites with reputable professional accreditations. (Page 12) **T**
12. Define predisposing, enabling and reinforcing factors and give examples of each. (Page 13) **predisposing- physical, mental, emotional, or surrounding influence that affects the likelihood that a person will decide to change; enabling- skill, social support, or resource that makes it possible to succeed in changing a targeted behavior; reinforcing- influence that either rewards or opposes a change effort in progress.**
13. The theory that a person progresses through six stages of change before achieving sustained behavior change is known as the \_\_\_\_\_ model. (Page 14) **Transtheoretical model**
14. List and define each of the stages in the Stages of Change model. (Page 14)
15. What are *self-efficacy*-**belief that you can make successful change** and *locus of control*-**person's belief about where the center of power lies in his or her life; internal or external?** (Page 16)

### Chapter 2 Psychological Health

1. Define Psychological health it's two components (*mental, emotional*) and six facets. (26) **broad dimension of health and wellness that encompasses both mental and**

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## EDGE Excellence in Design for Greater Efficiencies (EDGE Expert) Exam Sample Questions (Q53-Q58):

### NEW QUESTION # 53

Which of the following does NOT contribute to an EDGE Auditor maintaining their Auditor status?

- A. Retaking the auditor exam
- B. Performing at least one project site audit every two years.
- C. Studying the EDGE user guides as and when they are updated.
- D. Attending refresher training.

**Answer: A**

Explanation:

Maintaining EDGE Auditor status involves specific requirements to ensure ongoing competence. The EDGE Expert and Auditor Protocols outline these requirements: "To maintain their status, EDGE Auditors must perform at least one project site audit every two years, attend refresher training as required by IFC, and stay updated by studying the EDGE user guides and protocols as they are revised" (EDGE Expert and Auditor Protocols, Section 5.1: Maintaining Auditor Status). Option A (performing at least one project site audit every two years) is explicitly required to demonstrate active engagement. Option B (studying the EDGE user guides as updated) is also necessary to stay current with program changes. Option D (attending refresher training) is mandated to ensure continued education. However, Option C (retaking the auditor exam) is not a requirement for maintaining status: "Once certified, EDGE Auditors are not required to retake the exam to maintain their status, though they may need to retake it if their certification lapses or if significant program changes occur" (EDGE Expert and Auditor Protocols, Section 5.2: Recertification Conditions). Since the question focuses on maintaining status, not recertification after lapse, retaking the exam is not a standard requirement. Thus, retaking the auditor exam (Option C) does not contribute to maintaining Auditor status.

Reference: EDGE Expert and Auditor Protocols, Section 5.1: Maintaining Auditor Status, Section 5.2: Recertification Conditions.

### NEW QUESTION # 54

The COP of the water-cooled chiller is 6, and the cooling thermal load is 3516 W. What is the power rating of the chiller?

- A. 3510 W
- B. 3522 W
- C. 586 W
- D. 21096 W

**Answer: C**

Explanation:

The Coefficient of Performance (COP) is used in EDGE to calculate the electrical power input required for a given thermal output of a chiller. The EDGE Methodology Report defines COP as: "COP is the ratio of thermal output to electrical input, expressed as  $COP = \text{Thermal Output} / \text{Electrical Input}$ . To find the electrical input (power rating), rearrange the formula:  $\text{Electrical Input} = \text{Thermal Output} / COP$ " (EDGE Methodology Report Version 2.0, Section 5.1: Energy Efficiency Metrics). Given the COP of the water-cooled chiller as 6 and the cooling thermal load (thermal output) as 3516 W, the power rating is calculated as follows:  $\text{Electrical Input} = 3516 \text{ W} / 6 = 586 \text{ W}$ . Option A, 586 W, matches this calculation. Option B (3510 W) is incorrect, as it is slightly less than the thermal output, implying an unrealistic COP near 1. Option C (3522 W) is slightly above the thermal output, also incorrect. Option D (21096 W) is the result of multiplying the thermal output by the COP ( $3516 \times 6$ ), which is the inverse of the correct calculation. The EDGE User Guide confirms: "For a chiller with a COP of 6, the electrical input is one-sixth of the thermal output, ensuring energy efficiency is accurately assessed" (EDGE User Guide, Section 4.2: Energy Efficiency Measures). Thus, the power rating is 586 W (Option A).

Reference: EDGE Methodology Report Version 2.0, Section 5.1: Energy Efficiency Metrics; EDGE User Guide Version 2.1, Section 4.2: Energy Efficiency Measures.

### NEW QUESTION # 55

Which of the following wall solar reflectivity indexes would be the most energy efficient in a hot climate?

- A. 0.4
- **B. 0.7**
- C. 0.2
- D. 0.3

**Answer: B**

Explanation:

In hot climates, reducing heat gain through building envelopes is a key strategy for energy efficiency, as emphasized in EDGE's green building design principles. The EDGE User Guide discusses solar reflectivity (measured by the Solar Reflectance Index, SRI) for walls and roofs, stating: "Higher SRI values indicate greater reflectivity, which reduces heat absorption and lowers cooling energy demand in hot climates. For walls in hot climates, an SRI of 0.7 or higher is recommended to maximize energy savings" (EDGE User Guide, Section 3.5: Passive Design Strategies). The options provided are 0.2, 0.3, 0.4, and 0.7. Since 0.7 is the highest SRI value among the choices, it reflects the most solar radiation, thereby reducing the cooling load and improving energy efficiency in a hot climate, as per EDGE's guidance. Options A, B, and C have lower SRI values and would result in greater heat absorption, increasing energy use for cooling.

Reference:EDGE User Guide Version 2.1, Section 3.5: Passive Design Strategies.

### NEW QUESTION # 56

Which of the following measures provides the most attractive solution in the EDGE software for a hospital?

- **A. Solar hot water system with a saving of 15% and payback of 6 years**
- B. Insulation of external walls with 3% saving and 9 years payback
- C. External shading with 7% saving and 8 years payback
- D. Water-cooled chillers with 20% energy saving and 10 years payback

**Answer: A**

Explanation:

In the EDGE software, the "most attractive solution" for a project, such as a hospital, is determined by balancing resource savings (energy, water, or materials) with financial payback periods, as these metrics are key outputs in the EDGE App Results Bar. The EDGE User Guide explains how to evaluate measures: "The EDGE software prioritizes measures that offer the highest resource savings with the shortest payback periods, making them the most attractive solutions for project teams. For hospitals, where energy and water demands are high due to continuous operation, measures with significant savings and faster payback are typically preferred" (EDGE User Guide, Section 2.4: Interpreting EDGE Results). Let's evaluate the options: Option A (external shading) offers 7% savings (likely energy, as shading reduces cooling loads) with an 8-year payback. Option B (insulation of external walls) provides 3% savings (also energy) with a 9-year payback.

Option C (solar hot water system) delivers 15% savings (energy, as it reduces the need for electric or gas water heating) with a 6-year payback. Option D (water-cooled chillers) achieves 20% energy savings but with a 10-year payback. The EDGE Methodology Report further clarifies: "For hospitals, measures like solar hot water systems are often attractive because they address high hot water demands (e.g., for sterilization, showers), offering substantial energy savings with relatively short payback periods due to consistent usage" (EDGE Methodology Report Version 2.0, Section 5.3: Energy Measures). Comparing the options, Option C has the second-highest savings (15%) and the shortest payback (6 years), making it more attractive than Option D (20% savings but 10 years payback), Option A (7% savings, 8 years), and Option B (3% savings, 9 years). The EDGE User Guide also notes: "A payback period of 6 years is generally considered attractive in EDGE, especially for measures with savings above 10%, as it aligns with typical investment horizons for building owners" (EDGE User Guide, Section 2.4: Interpreting EDGE Results). Additionally, for a hospital, hot water demand is significant, making solar hot water systems particularly effective: "Hospitals benefit greatly from solar hot water systems, achieving energy savings of 10-20% with payback periods often under 7 years due to high hot water usage" (EDGE Methodology Report Version 2.0, Section 4.2: Energy Savings Calculations). Thus, the solar hot water system (Option C) is the most attractive solution due to its balanced savings and shortest payback period.

Reference:EDGE User Guide Version 2.1, Section 2.4: Interpreting EDGE Results; EDGE Methodology Report Version 2.0, Section 5.3: Energy Measures, Section 4.2: Energy Savings Calculations.

### NEW QUESTION # 57

Which of the following is a primary resource for the EDGE Auditor when performing the site visit?

- A. EDGE software
- **B. EDGE Auditor's checklist**
- C. Window to Wall Ratio (WWR)
- D. Roof insulation U-value

**Answer: B**

Explanation:

During a site visit for post-construction certification, the EDGE Auditor relies on specific tools to verify compliance. The EDGE Expert and Auditor Protocols specify: "The primary resource for an EDGE Auditor during a site visit is the EDGE Auditor's checklist, which provides a structured list of items to verify, including the implementation of selected measures, alignment with the self-assessment, and compliance with EDGE standards" (EDGE Expert and Auditor Protocols, Section 4.4: Site Audit Procedures). Option C, EDGE Auditor's checklist, matches this description as the key resource guiding the audit process. Option A (EDGE software) is a tool for assessment, not a resource for the site visit: "The EDGE software is used for self-assessment and desk audits, not directly during site visits" (EDGE Certification Protocol, Section 3.2:

Audit Requirements). Option B (roof insulation U-value) and Option D (Window to Wall Ratio) are specific data points the Auditor may verify, not primary resources: "U-values and WWR are elements to check, not tools for the Auditor" (EDGE Expert and Auditor Protocols, Section 4.4: Site Audit Procedures). The checklist ensures all aspects of the project are systematically reviewed, making it the primary resource (Option C).

Reference: EDGE Expert and Auditor Protocols, Section 4.4: Site Audit Procedures; EDGE Certification Protocol, Section 3.2: Audit Requirements.

## NEW QUESTION # 58

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