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PRE-ASSESSMENT: HEALTH, FITNESS AND WELLNESS (HIO1) WGU C458. Questions and answers, 100% Accurate. VERIFIED

Which immune system structure is the site where white blood cells gain the ability to chemically identify specific foreign agents?

Thymus gland

Forms a protective barrier

Integumentary system

Regulates body temperature

Both integumentary and central nervous system

Controls blood pressure

Central nervous system

Regulates thirst and hunger

Central nervous system

Regulates muscle coordination

Central nervous system

What are some effects of aerobic exercise on cardiorespiratory fitness?

Enables more blood to be pumped with each stroke of the heart, increases number of capillaries in trained skeletal muscles, and increases amount of oxygen inhaled

What is the recommended amount of sleep per day for a child between 6-13 years old?

9-11 hours

Provide the energy source for brain metabolism

Carbohydrates

Provide reparative mechanisms for cells

Proteins

Provide key functions in hormone regulation

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q37-Q42):

NEW QUESTION # 37

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

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

Answer: C

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 # 38

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

Answer: B

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 # 39

Which term categorizes vitamins and minerals?

- A. Antioxidants
- B. Essential amino acids
- C. Macronutrients
- **D. Micronutrients**

Answer: D

Explanation:

Vitamins and minerals are categorized as micronutrients because the body needs them in small amounts to support essential functions, even though they do not provide calories (energy). They play critical roles in maintaining normal growth, immune function, bone health, blood formation, nerve signaling, and metabolism.

For example, vitamins such as A, C, D, E, K, and the B-complex help regulate processes like vision, collagen formation, calcium absorption, antioxidant defense, and energy metabolism. Minerals such as calcium, iron, potassium, magnesium, zinc, and iodine support bone structure, oxygen transport, fluid balance, muscle contraction, enzyme activity, and thyroid function.

Micronutrients differ from macronutrients (carbohydrates, fats, and proteins), which are needed in larger quantities and supply the body with energy and building materials. In a balanced diet, macronutrients provide fuel and tissue-building components, while micronutrients help the body use that fuel effectively and keep organs and systems functioning properly.

The other options are not correct categories for vitamins and minerals. Antioxidants describe substances that help protect cells from oxidative damage; some vitamins (like C and E) act as antioxidants, but not all vitamins and minerals are classified that way. Essential amino acids are the building blocks of protein that must come from food; they are not vitamins or minerals. Therefore, "micronutrients" is the broad, accurate classification that includes both vitamins and minerals, highlighting their importance despite the small amounts required.

NEW QUESTION # 40

Which reaction is common with food intolerance?

- A. Tightening in the throat
- **B. Stomach cramps**
- C. Swelling in the mouth
- D. Difficulty breathing

Answer: B

Explanation:

Food intolerance commonly causes digestive symptoms, and stomach cramps are among the most typical reactions. A food intolerance is generally different from a food allergy. Intolerances usually involve the digestive system's difficulty processing a food or component (for example, lactose intolerance due to low lactase enzyme activity). Symptoms often include abdominal pain or cramps, bloating, gas, nausea, and diarrhea. These symptoms may appear after eating certain foods and can vary with the amount consumed. In contrast, swelling in the mouth, throat tightening, and difficulty breathing are warning signs more consistent with an allergic reaction, which involves the immune system and can become severe rapidly.

Those symptoms can signal airway involvement and may indicate an emergency situation requiring immediate medical attention. The fact that options A, B, and D involve the mouth/throat/airway strongly points away from intolerance and toward allergy.

Understanding the difference matters for health and safety. While intolerances can significantly affect comfort and quality of life, they are less likely to cause sudden life-threatening reactions. Management typically focuses on identifying trigger foods, adjusting portion sizes, choosing substitutes (like lactose-free dairy), and reading ingredient labels. Keeping a food-and-symptom log can help pinpoint patterns. If symptoms are severe, persistent, or confusing or if there is any airway swelling, hives, or breathing trouble—medical evaluation is important to rule out allergy or other conditions.

Therefore, the best answer is stomach cramps, because gastrointestinal discomfort is a hallmark feature of food intolerance, while breathing-related symptoms are far more characteristic of allergic reactions.

NEW QUESTION # 41

A sedentary individual is encouraged by a physician to increase physical activity to 30 minutes at least three times per week. What will be the first noticeable health benefit of this regimen?

- A. Reduced risk of chronic disease
- B. Increased total cholesterol
- C. Decreased sleep
- **D. Elevated mood**

Answer: D

Explanation:

When a sedentary person begins exercising for 30 minutes at least three times per week, one of the earliest and most noticeable benefits is often an improvement in mood. Physical activity can produce near-term changes in brain chemistry and stress regulation—many people report feeling calmer, more positive, and less tense after even a single session. Public health guidance notes that some brain-related benefits of physical activity can happen immediately after a bout of moderate-to-vigorous activity, including reduced short-term feelings of anxiety.

This quick mood shift is tied to mechanisms emphasized in many fitness and wellness resources: exercise helps lower stress hormones and supports the release of "feel-good" neurochemicals (commonly discussed as endorphins), improving emotional state and helping with mild symptoms of stress or low mood. Mayo Clinic also highlights mood improvement as a key benefit of exercising several times per week.

The other answer choices are less appropriate as "first noticeable" benefits. Exercise does not cause "increased total cholesterol" as a desirable early outcome; over time, regular physical activity is more associated with healthier lipid patterns. "Reduced risk of chronic disease" is a real and important benefit, but it usually becomes measurable over weeks to months of consistency (and is not typically the first thing someone notices day-to-day). Finally, "decreased sleep" is not a typical health benefit—regular activity more commonly supports better sleep quality over time, not worse sleep.

In practical terms, early mood benefits can help build adherence: noticing you feel better after workouts makes it easier to maintain the routine long enough to earn the longer-term gains like improved fitness, blood pressure control, and reduced chronic disease risk.

NEW QUESTION # 42

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