

New WGU Health-Fitness-and-Wellness Test Preparation & Health-Fitness-and-Wellness Actual Test Answers

WGU C458 HEALTH FITNESS AND WELLNESS EXAM 2024/2025 ACTUAL EXAM 2 VERSIONS WITH COMPLETE QUESTIONS WITH DETAILED VERIFIED ANSWERS (100% CORRECT ANSWERS) /ALREADY GRADED A+

Nutrition - Answer provides the body with the nutrients it needs to perform its daily tasks

Undernutrition - Answer implies that the individual is not getting enough nutrients. This can occur even if the person is consuming more than enough calories

Malnutrition - Answer an imbalance of proper nutrients

Anorexia nervosa - Answer literally means loss of appetite, but this is a misnomer: A person with this is hungry, but denies the hunger because of an irrational fear of becoming fat. Self-starvation, food preoccupation and rituals, compulsive exercising, and often an absence of menstrual cycles in women. Untreated, can be fatal.

Bulimia - Answer characterized by recurring periods of binge eating, during which large amounts of food are consumed in a short period of time followed by purging (through self-induced vomiting, abuse of laxatives and/or diuretics) or periods of fasting

Binge eating disorder (BED) - Answer episodes of binge eating characterized by eating rapidly, eating large amounts of food even when not feeling hungry, and feeling guilty or depressed after overeating.

Obesity - Answer 15 to 20 percent above normal weight. Poor dietary patterns; include increased intake of sugars in sweetened soft drinks, foods, and meals of high energy, low nutrient density, and large portion sizes. At risk for serious health problems such as type 2 diabetes, hypertension, heart disease, stroke, and some types of cancer.

Minerals - Answer inorganic material. Form body parts (teeth and bones), maintain acid-base neutrality, regulate nerve impulses, osmotic pressure, and electrolyte balance

Major minerals - Answer needed by the body:

- calcium—milk, cheese, sardines, salmon, green vegetables
- phosphorus—milk, cheese, lean meat
- potassium—oranges, bananas, dried fruits
- sulfur—eggs, poultry, fish
- sodium—table salt, beef, eggs, cheese
- chloride—table salt, meat

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q39-Q44):

NEW QUESTION # 39

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

Answer: B

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 # 40

An individual is having a long and stressful day at work and decides to take a break and join coworkers for a walk outside. Which strategy is this individual using to manage stress?

- A. Meditation
- **B. Exercise**
- C. Relaxation
- D. Resiliency

Answer: B

Explanation:

Taking a walk outside is a clear example of using exercise as a stress-management strategy. Even moderate activity—like a brisk walk—can help the body discharge built-up tension and shift the nervous system toward a calmer state. Physical activity supports stress management by improving circulation, loosening muscle tightness, and triggering brain chemistry changes associated with improved mood and reduced stress. Many people notice they feel more clear-headed and less irritable after moving their body, even for a short time.

A walk during a stressful workday also offers a practical "reset." It interrupts prolonged mental strain, creates a change of environment, and can reduce overload from screens, noise, or constant demands. Walking with coworkers may add a supportive social element—light conversation and connection can further buffer stress.

Fresh air and daylight can also help regulate energy and alertness, making it easier to return to tasks with improved focus.

While walking can feel relaxing, the most accurate category among the options is exercise, because the core action is physical

movement intended to relieve stress. Relaxation strategies usually refer to deliberate calming techniques such as deep breathing, progressive muscle relaxation, or listening to calming music. Meditation involves focused attention or mindful awareness practices. Resiliency describes long-term capacity to adapt and recover from stress; it's an outcome and skill set built over time, not the immediate strategy described in the moment.

In wellness education, exercise is often recommended because it is accessible, effective, and supports both mental and physical health—especially when done consistently.

NEW QUESTION # 41

Maintaining a positive attitude after failing an assessment is an example of which SEL competency?

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

Answer: D

Explanation:

Maintaining a positive attitude after failing an assessment most directly reflects self-awareness because it involves recognizing and managing one's internal emotional response to disappointment. When someone fails, common reactions include frustration, embarrassment, discouragement, or self-doubt. A person who maintains a positive attitude is showing an understanding of their feelings and thoughts and choosing a mindset that supports learning and recovery. This often includes recognizing, "I'm upset, but I can improve," which is rooted in awareness of emotions and beliefs.

This competency also connects to a growth-oriented perspective: viewing failure as feedback rather than a final judgment. Self-awareness helps a student notice negative self-talk ("I'm not smart enough") and replace it with a more constructive interpretation ("I need a different study strategy"). This shift supports resilience, motivation, and healthier stress responses.

While executive function supports planning new study steps, the question emphasizes attitude after failure, which is mainly emotional and cognitive awareness. Social awareness involves understanding others' feelings and social cues; it is not the central skill in coping with one's own setback. Communication and leadership involve interacting with others, which is not the focus here.

In SEL-based wellness education, maintaining a positive attitude after failure is encouraged because it reduces avoidance behaviors (like giving up or procrastinating) and promotes persistence. It often leads to productive actions such as seeking help, reviewing mistakes, and adjusting study habits. So, the best answer is self-awareness, as it underlies the ability to recognize emotional reactions and choose a supportive mindset that keeps learning on track.

NEW QUESTION # 42

Which scenario is an example of self-awareness?

- A. Joining a study group to help fellow students by discussing one's work experiences
- B. Being mindful of one's word choice when communicating with a group
- C. Creating a system for organizing notes to make studying for assessments effective
- **D. Thinking an evaluator's feedback is an opportunity to improve instead of personal criticism**

Answer: D

Explanation:

Self-awareness involves recognizing one's own emotions, thoughts, strengths, limitations, and how these influence behavior. Option C—viewing an evaluator's feedback as an opportunity to improve rather than personal criticism—shows self-awareness because it reflects insight into how feedback can trigger emotional reactions and how reframing thoughts can change the response. This demonstrates awareness of inner dialogue and emotional interpretation, which are central to self-awareness.

In this scenario, the person recognizes that feedback might initially feel uncomfortable or threatening, but they choose a healthier interpretation: "This is useful information for growth." That mental reframing requires awareness of personal feelings (such as defensiveness or embarrassment) and an understanding that those feelings do not have to control the outcome. It also supports confidence and learning, which are key benefits of SEL.

The other options align more strongly with different SEL skills. A (being mindful of word choice in a group) is closely related to relationship skills and self-management—controlling communication to be respectful. B (joining a study group to help others) reflects relationship skills and social awareness—cooperation and support. D (creating an organization system for notes) is primarily executive function—planning and organization.

Self-awareness helps people identify triggers, understand what motivates them, and choose responses that match their goals and values. In health and wellness contexts, it supports recognizing stress signals, noticing negative self-talk, and adjusting behaviors

early-before problems escalate.

NEW QUESTION # 43

A 26-year-old individual has been experiencing fever, headache, and neck stiffness. Which main condition could this individual have developed?

- A. Asthma
- **B. Meningitis**
- C. Hepatitis
- D. Ulcer

Answer: B

Explanation:

Fever, headache, and neck stiffness are classic warning signs associated with meningitis, an inflammation of the meninges—the protective membranes covering the brain and spinal cord. This symptom combination is considered medically significant because meningitis can develop quickly and may become life-threatening without prompt evaluation and treatment. In many health education materials, the "triad" of fever + severe headache + stiff neck is strongly linked to meningitis, sometimes accompanied by sensitivity to light (photophobia), nausea/vomiting, confusion, or a rash (more common in certain bacterial types).

Meningitis can be caused by viruses (often milder and self-limited) or bacteria (more severe and requiring urgent antibiotics). Because bacterial meningitis can progress rapidly, the correct health and wellness guidance is to seek immediate medical care when these symptoms appear together—especially if symptoms are sudden, intense, or worsening.

The other options do not best match the symptom pattern. Hepatitis primarily affects the liver and is more commonly associated with fatigue, abdominal pain, nausea, dark urine, and jaundice rather than neck stiffness. An ulcer (stomach or duodenal) usually causes burning abdominal pain, indigestion, or nausea, not stiff neck and fever as key features. Asthma is a respiratory condition characterized by wheezing, chest tightness, coughing, and shortness of breath; it does not typically present with neck stiffness and fever.

From a wellness education perspective, prevention strategies include vaccination where appropriate (e.g., meningococcal vaccines), practicing good hygiene to reduce spread of infections, and understanding when symptoms require urgent medical attention.

Recognizing meningitis symptoms early is crucial because timely assessment and treatment can significantly improve outcomes.

NEW QUESTION # 44

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