

Health-Fitness-and-Wellness絶対合格、Health-Fitness-and-Wellness日本語版受験参考書

WGU- C458: HEALTH, FITNESS, & WELLNESS PRACTICE EXAM 1 LATEST UPDATE 2023-2024

12. Best estimates of nutritional needs	Adequate intake (AI)
13. A complex carbohydrate formed by the combination of long chains of saccharides	Polysaccharide
14. Iron toxicity due to excess consumption	Hemochromatosis
15. A major type of carbohydrate; provides sustained energy	Complex carbohydrates
16. Compounds that facilitate the transport of cholesterol in the blood to the body's cells	Low-density lipoproteins (LDL)
17. Minerals that the body needs in only very small amounts	Trace minerals
18. A combination of two monosaccharides	Disaccharide
19. Nine of the basic nitrogen-containing building blocks of protein that must be obtained from foods to ensure health	Essential amino acids
20. Inorganic, indestructible elements that aid physiological processes	Minerals
21. The building blocks of proteins	Amino acids
22. Fats that do have room for more hydrogen in their chemical structure; derived mostly from plants; liquid at room temperature	Unsaturated fats
23. A simple sugar that contains only one molecule of sugar	Monosaccharide
24. The most common form of fat in the body; excess calories consumed are converted into these and stored as body fat	Triglycerides

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GoShiken のWGUのHealth-Fitness-and-Wellness問題集は100パーセント検証とテストを通過したもので、認定試験に合格する専門的な指導者です。GoShiken のWGUのHealth-Fitness-and-Wellness「WGU Health, Fitness, and Wellness (HIO1)」練習問題集と解答は実践の検査に合格したソフトウェアで、最も受験生に合うトレーニングツールです。GoShikenで、あなたは一番良い準備資料を見つけられます。その資料は練習問題と解答に含まれています。弊社の資料があなたに練習を実践に移すチャンスを差し上げ、あなたはぜひWGUのHealth-Fitness-and-Wellness試験に合格して自分の目標を達成できます。

>> Health-Fitness-and-Wellness絶対合格 <<

Health-Fitness-and-Wellness日本語版受験参考書、Health-Fitness-and-Wellness資格練習

我々GoShikenサイトはすべてのWGU Health-Fitness-and-Wellness試験に準備する受験生の最も信頼できる強いバックイングです。WGU Health-Fitness-and-Wellness試験のための一切の需要を満足して努力します。購入した後、我々はあなたがHealth-Fitness-and-Wellness試験にうまく合格するまで細心のヘルプをずっと与えます。一年間の無料更新と試験に合格しなくて全額返金も我々の誠のアフターサービスでございます。

WGU Health, Fitness, and Wellness (HIO1) 認定 Health-Fitness-and-Wellness 試験問題 (Q29-Q34):

質問 # 29

Trying to understand the struggles that ELL students experience in a cohort is an example of which SEL competency?

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

正解: D

解説:

This is an example of social awareness (D) because it involves empathy and perspective-taking toward others—specifically, understanding the challenges faced by English Language Learner (ELL) students.

Social awareness includes recognizing differences in experiences, appreciating diversity, and seeking to understand how social, cultural, and language factors can affect participation, confidence, and learning.

ELL students may face struggles such as translating academic language, processing instructions quickly, participating in discussions, and worrying about making mistakes in front of peers. They may also experience cultural adjustment and reduced confidence when expressing complex ideas in a non-native language. Trying to understand these struggles shows empathy and respect, which are central to social awareness. It can lead to supportive behaviors such as speaking clearly, avoiding unnecessary jargon, offering written summaries, being patient during discussions, and encouraging inclusive participation.

The other competencies are not the best match. Self-management focuses on controlling one's own emotions and behaviors. Executive function involves planning, organization, and problem-solving. Communication and leadership can be used to support ELL students (for example, facilitating inclusive group work), but the core skill described—trying to understand others' experiences—is most directly social awareness.

In SEL, social awareness helps build a welcoming learning environment where all students can succeed.

When peers develop understanding of ELL challenges, it reduces stigma, improves cooperation, and strengthens a sense of belonging—important factors for emotional wellness, academic engagement, and positive group dynamics.

質問 # 30

A new manager at a medical office uses active listening while interacting with employees. Which positive mental health strategy is the manager employing?

- A. Meeting needs through achieving satisfaction from self-actualization
- B. Boosting emotional intelligence to recognize the emotions of others
- C. Becoming optimistic with expectations of favorable outcomes to occur
- D. Pursuing happiness by working with other employees in the office

正解: B

解説:

Active listening is a key skill within emotional intelligence, especially in workplaces where communication affects trust, morale, and performance. When a manager uses active listening, they are intentionally focusing on the speaker, asking clarifying questions, reflecting back what they heard, noticing tone and body language, and responding with respect. This supports recognizing and understanding the emotions of others, which is central to emotional intelligence and to strong social-emotional skills.

In a medical office, employees may experience pressure, time demands, and emotionally sensitive interactions. A manager who actively listens helps staff feel heard and valued, which can reduce stress and conflict. It also improves problem-solving: employees are more likely to share concerns early (workload issues, workflow barriers, interpersonal tension), allowing the manager to address problems before they escalate. Active listening supports psychological safety—people feel they can speak up without being dismissed—leading to better teamwork and a healthier work climate.

The other answer choices are less precise. "Pursuing happiness by working with other employees" is vague and doesn't describe a specific communication skill. "Meeting needs through self-actualization" relates to personal growth and fulfillment rather than a manager's interpersonal strategy during conversations.

"Becoming optimistic" focuses on expecting positive outcomes, which can be helpful, but it is not what active listening specifically represents. Active listening is most directly tied to building emotional awareness, empathy, and relationship skills-making boosting emotional intelligence the best match.

質問 #31

Which scenario is an example of exercising executive function?

- A. Rewarding oneself for successful on-time progress
- B. Recognizing a need to create a better work and life balance
- **C. Contacting the Math Center for help after a failed math assessment**
- D. Contacting people in a cohort to join a study group

正解: **C**

解説:

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.

質問 #32

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 # 33

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

正解: A

解説:

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.

質問 # 34

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Health-Fitness-and-Wellness日本語版受験参考書: <https://www.goshiken.com/WGU/Health-Fitness-and-Wellnessmondaishu.html>

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