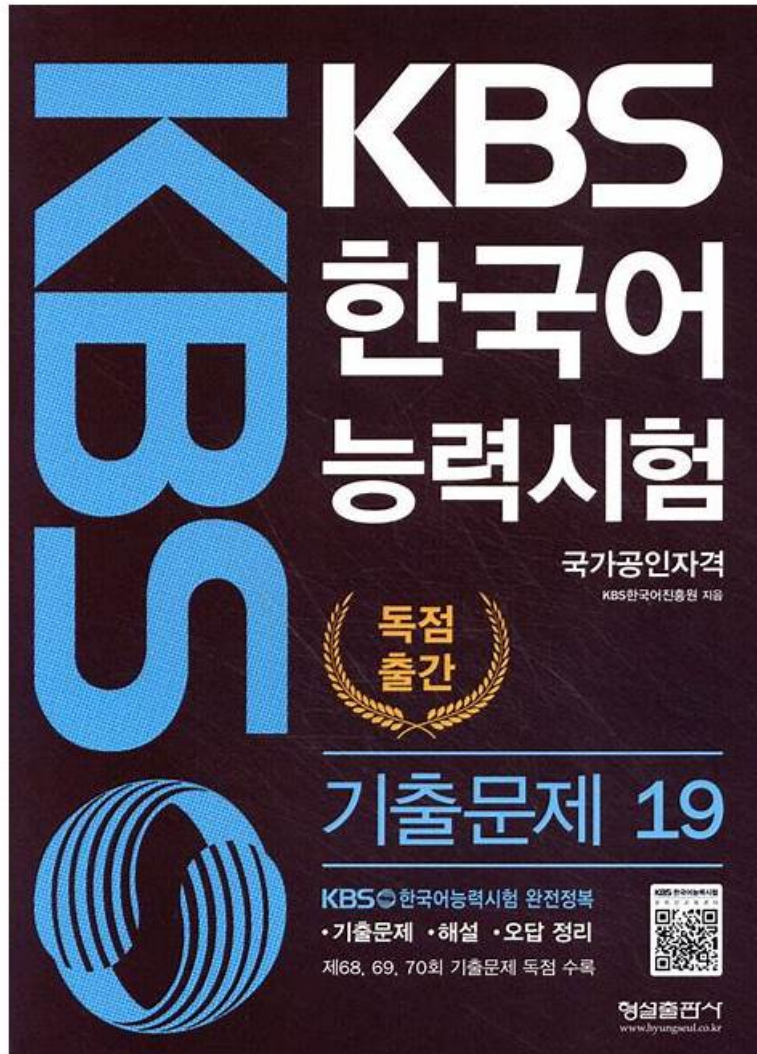


Health-Fitness-and-Wellness완벽한 시험기출자료 & Health-Fitness-and-Wellness최신버전시험대비공부자료



BONUS!!! PassTIP Health-Fitness-and-Wellness 시험 문제집 전체 버전을 무료로 다운로드하세요:
<https://drive.google.com/open?id=1fhtTudye7x3yKRCNu69GmFdvJHS79An>

우리 PassTIP에서는 여러분을 위하여 정확하고 우수한 서비스를 제공하였습니다. 여러분의 고민도 덜어드릴 수 있습니다. 빨리 성공하고 빨리 WGU Health-Fitness-and-Wellness 인증시험을 패스하고 싶으시다면 우리 PassTIP를 장바구니에 넣으시죠. PassTIP는 여러분의 아주 좋은 합습가이드가 될것입니다. PassTIP로 여러분은 같고 싶은 인증서를 빠른 시일내에 얻게될것입니다.

우리사이트가 다른 덤프사이트보다 우수한 점은 바로 자료들이 모두 전면적이고 적중률과 정확입니다. 때문에 우리 PassTIP를 선택함으로써 WGU 인증 Health-Fitness-and-Wellness 시험 준비에는 최고의 자료입니다. 여러분이 성공을 위한 최고의 자료입니다.

>> Health-Fitness-and-Wellness 완벽한 시험기출자료 <<

시험패스에 유효한 최신버전 Health-Fitness-and-Wellness 완벽한 시험기출자료 덤프

PassTIP는 WGU Health-Fitness-and-Wellness 시험에 필요한 모든 문제유형을 커버함으로써 WGU Health-Fitness-and-Wellness 시험을 합격하기 위한 최고의 선택이라 할수 있습니다. WGU Health-Fitness-and-Wellness 시험 Braindump를 공

부하면 학원다니지 않으셔도 자격증을 취득할 수 있습니다. WGU Health-Fitness-and-Wellness 덤프정보 상세보기는 이 글의 링크를 클릭하시면 PassTIP 사이트에 들어오실 수 있습니다.

최신 Courses and Certificates Health-Fitness-and-Wellness 무료샘플문제 (Q34-Q39):

질문 # 34

A 75-year-old individual has sudden symptoms of numbness in one arm, difficulty speaking, and blurred vision. Which condition causes these symptoms?

- A. Stroke
- B. Heart attack
- C. Epilepsy
- D. Metabolic syndrome

정답: A

설명:

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.

질문 # 35

Which vitamin supplement should a vegan take on a daily basis?

- A. Vitamin E
- B. Vitamin C
- C. Vitamin A
- D. Vitamin B12

정답: D

설명:

Vegans are commonly advised to supplement vitamin B12 because reliable natural dietary sources of B12 are primarily found in animal-derived foods (meat, fish, eggs, and dairy). Vitamin B12 is essential for red blood cell formation, DNA synthesis, and normal nerve function. Without adequate B12, a person can develop megaloblastic anemia (fatigue, weakness, pale skin) and potentially serious neurological issues (numbness, tingling, balance problems, memory changes). Because B12 deficiency can develop gradually and symptoms may appear late, consistent intake is emphasized.

While some plant foods are fortified (such as certain plant milks, breakfast cereals, and nutritional yeast), a daily B12 supplement is often recommended to ensure dependable intake, especially if fortified foods are not consumed regularly. The "daily basis" language in the question points strongly to B12 because it is the nutrient most consistently highlighted in vegan nutrition education as requiring intentional planning.

The other options are less appropriate. Vitamin C is abundant in fruits and vegetables, which are typically plentiful in vegan diets. Vitamin E is present in nuts, seeds, and vegetable oils. Vitamin A can be obtained as beta-carotene from orange and dark-green vegetables (the body converts it as needed). Although all nutrients require attention in a well-planned vegan diet (including vitamin D, iodine, iron, calcium, zinc, and omega-3 fats), B12 is the standout nutrient that usually requires supplementation or consistent fortified-food intake to avoid deficiency.

질문 # 36

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

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

정답: D

설명:

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.

질문 # 37

Many students in a preschool class are ill with a common cold. The teacher wants to avoid becoming infected. Which strategy will help reduce the possibility of transmission?

- A. Eat a lot of dairy
- B. Drink plenty of water
- **C. Wash hands frequently**
- D. Take vitamin C daily

정답: C

설명:

Frequent handwashing is one of the most effective, evidence-based strategies to reduce the spread of the common cold in group settings like preschools. Cold viruses (most commonly rhinoviruses) spread through respiratory droplets and contaminated surfaces. In classrooms, children often touch shared toys, tables, doorknobs, and their faces. When a teacher touches these surfaces and then touches their eyes, nose, or mouth, the virus can enter the body. Washing hands frequently interrupts this route of transmission by physically removing germs before they can infect a person or be passed on to others.

Proper handwashing means using soap and water, scrubbing all hand surfaces (including between fingers and under nails) for at least 20 seconds, then rinsing and drying thoroughly. If soap and water aren't available, an alcohol-based hand sanitizer can help, though soap and water are preferred when hands are visibly dirty. In addition to hand hygiene, reducing face-touching and cleaning high-touch surfaces can further lower risk, but among the listed options, handwashing most directly reduces transmission.

The other choices support general health but don't reliably prevent infection on their own. Drinking water helps hydration and normal body function, yet it does not stop viruses from spreading. Vitamin C may support immune function, but research shows it has limited effect in preventing colds for most people and cannot replace hygiene measures. Eating dairy is not a proven strategy to prevent cold transmission and may be irrelevant to infection control. For teachers and students, consistent hand hygiene remains a cornerstone of infection prevention, especially in environments with close contact and frequent shared materials.

질문 # 38

What is a dimension of social health?

- A. Seeking physical wellness
- **B. Developing interpersonal relationships**
- C. Completing an undergraduate degree
- D. Focusing efforts on workplace success

정답: B

설명:

A core dimension of social health is developing interpersonal relationships. Social health refers to how well a person connects with others, communicates, builds trust, resolves conflict, and maintains supportive networks. Healthy interpersonal relationships can include friendships, family connections, teammates, classmates, mentors, and community groups. Strong social ties are linked with better coping during stress, greater belonging, and improved overall well-being.

In Social and Emotional Learning (SEL), developing interpersonal relationships involves skills such as empathy, active listening, respectful communication, cooperation, and setting healthy boundaries. It also includes the ability to seek help when needed and to offer support to others appropriately. Social health is not simply "being popular"; it is about building relationships that are respectful, safe, and mutually supportive.

The other options are not direct dimensions of social health. Seeking physical wellness relates primarily to physical health behaviors (activity, sleep, hygiene, medical care). Completing an undergraduate degree is an educational achievement, which may influence social opportunities but is not itself a dimension of social health. Focusing efforts on workplace success relates to career development and achievement; it can involve social skills, but it is not the definition of social health.

Social health matters in daily life because relationships influence choices and habits: friends and family can encourage healthy behaviors, provide emotional support, and help a person feel connected. In wellness education, students are often encouraged to practice communication skills, conflict resolution, and community involvement because these strengthen social health and contribute to healthier emotional functioning.

질문 # 39

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Health-Fitness-and-Wellness 최신 버전 시험 대비 공부 자료 : <https://www.passtip.net/Health-Fitness-and-Wellness-pass-exam.html>

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하경 당신, 천사 자격 박탈이야, 다행스럽게도 미함은 그녀를 은애하는 이와 마음이 통하여 혼약을 맺었다, 우리 PassTIP에서는 아주 완벽한 학습 가이드를 제공하며, WGU 인증 Health-Fitness-and-Wellness 시험은 아주 간편하게 패스하실 수 있습니다.

Health-Fitness-and-Wellness 완벽한 시험 기출 자료 100% 시험 패스 가능한 덤프 공부

PassTIP는 여러분의 꿈을 이루어 줄 뿐만 아니라 일년 무료 업뎃 서비스도 따릅니다, PassTIP 덤프로 IT 자격증을 정복하세요, WGU 인증 Health-Fitness-and-Wellness 시험은 최근 제일 인기 있는 인증 시험입니다, WGU Health-Fitness-and-Wellness 시험을 봐야 하는 분이라면 PassTIP를 한번 믿어 보세요.

- 퍼펙트한 Health-Fitness-and-Wellness 완벽한 시험 기출 자료 인증 공부 자료 ➡ www.dumptop.com (을(를) 열고 (Health-Fitness-and-Wellness) 를 검색하여 시험 자료를 무료로 다운로드 하십시오 Health-Fitness-and-Wellness Dumps
- Health-Fitness-and-Wellness 시험 합격 Health-Fitness-and-Wellness 최신 버전 덤프 자료 Health-Fitness-and-Wellness 시험 대비 최신 덤프 자료 무료 다운로드를 위해 > Health-Fitness-and-Wellness <를 검색하려면 ➡ www.itdumpskr.com (을(를) 입력 하십시오 Health-Fitness-and-Wellness 최신 버전 인기 덤프 자료

