

Valid Health-Fitness-and-Wellness Exam Notes - WGU Health, Fitness, and Wellness (HIO1) Realistic Actual Tests Free PDF Quiz

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 (Q29-Q34):

NEW QUESTION # 29

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

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

Answer: C

NEW QUESTION # 30

Which term describes the amount of energy that can be derived from food?

- A. Calories
- B. Nutrient
- C. Vitamins
- D. Metabolism

Answer: A

Explanation:

Calories are the standard unit used to describe the amount of energy provided by food and drinks, so option B is correct. In nutrition education, calories represent how much potential energy the body can obtain from what you eat. Your body uses this energy to power essential functions such as breathing, circulation, maintaining body temperature, repairing tissues, and supporting movement and exercise.

Calories primarily come from macronutrients: carbohydrates, fats, and proteins (and also alcohol). Each macronutrient contributes a certain amount of energy per gram, and the total calorie content of a food depends on how much of these macronutrients it contains. When energy intake from calories matches energy needs, body weight tends to stay stable. When intake is consistently higher than needs, excess energy is stored (often as body fat). When intake is consistently lower than needs, the body draws on stored energy, which can lead to weight loss.

The other options are related concepts but don't mean "energy amount." A nutrient is a broad term for substances the body needs for health (including carbohydrates, fats, proteins, vitamins, minerals, and water).

Not all nutrients provide energy—vitamins and minerals, for example, support body processes but do not supply calories. Vitamins are micronutrients required in small amounts for functions like immunity, vision, and energy metabolism, but they are not a direct measure of energy. Metabolism refers to the body's chemical processes that convert food into energy and building blocks; it describes the process, not the unit of energy.

For fitness and health, focusing on both calorie balance and nutrient quality is important—choosing nutrient-dense foods helps support performance, recovery, and long-term wellness.

NEW QUESTION # 31

Which immune system proteins recognize and inactivate invaders?

- A. Hormones
- B. Antigens
- C. Antibodies
- D. Cytokines

Answer: C

Explanation:

Antibodies are specialized proteins made by the immune system to recognize, bind to, and help neutralize harmful invaders such as

bacteria, viruses, and other foreign substances. They are produced by B lymphocytes (B cells), which can develop into plasma cells that release large amounts of antibodies into the blood and lymph. Each antibody is designed to fit a specific target, called an antigen, much like a key fits a lock.

When antibodies bind to antigens on the surface of an invader, they help "inactivate" the threat in several important ways. First, they can neutralize pathogens directly by blocking their ability to enter body cells or release toxins. Second, antibodies can tag invaders for destruction—a process called opsonization—making it easier for immune cells such as macrophages and neutrophils to engulf and break down the pathogen. Third, antibodies can activate the complement system, a group of proteins that can puncture pathogen membranes or amplify immune responses.

It's important to distinguish antibodies from the other options. Antigens are not immune proteins that protect you; they are the foreign markers on pathogens that antibodies recognize. Cytokines are signaling proteins that coordinate immune activity (they "communicate" between cells rather than specifically binding invaders).

Hormones regulate body functions like metabolism, growth, and stress response, but they are not the primary proteins that recognize pathogens.

In health and wellness, strong immune function is supported by adequate sleep, balanced nutrition (especially protein, vitamins A/C/D, zinc), stress management, and regular physical activity—all of which help the body produce and regulate immune components, including antibodies.

NEW QUESTION # 32

Working to develop one's ability to understand others' emotions is an example of which SEL competency?

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

Answer: A

Explanation:

Developing the ability to understand others' emotions is closely linked to empathy, which is a core part of SEL relationship skills and strong interpersonal communication. Among the provided options, the best match is communication and leadership (C) because effective communication and leadership depend on accurately reading others' emotions, responding respectfully, and adapting communication style to the needs of the situation. Leaders who understand emotions can motivate teams, resolve conflicts, and build trust—skills that are directly supported by empathy.

While self-awareness focuses on recognizing one's own emotions and patterns, the question specifically emphasizes understanding others' emotions, which goes beyond self-awareness. Self-management is about regulating one's own emotions and behavior, not interpreting others. Executive function relates to planning, attention, and impulse control; it supports good choices but is not the main competency for emotional understanding.

In practical terms, building this competency might include observing body language and tone, asking open-ended questions, listening without interrupting, and reflecting back what the other person seems to feel ("It sounds like you're frustrated"). This reduces misunderstandings and strengthens relationships. In school and work, it can improve teamwork, customer/patient interactions, and conflict resolution.

So, the most accurate answer from the given choices is communication and leadership, because understanding others' emotions is central to effective human interaction and leading others in supportive, respectful ways.

NEW QUESTION # 33

Which of the following contribute to a healthy diet? Select 3 answers.

- A. Limiting intake of added sugars and salt
- B. Consuming whole-milk products after childhood
- C. Choosing a variety of fruits and vegetables each day
- D. Consuming three-ounce equivalents or more per day of whole-grain foods
- E. Allocating over 20% of daily calories to saturated fatty acids

Answer: A,C,D

Explanation:

A healthy diet supports steady energy, healthy body composition, heart health, digestion, and long-term disease prevention. The three options that most directly align with widely taught nutrition principles are limiting added sugars and salt (A), including whole grains (B), and eating a variety of fruits and vegetables (C).

Limiting added sugar helps reduce excess calorie intake with little nutritional value and supports healthier blood sugar patterns and dental health. Reducing salt (sodium) supports healthy blood pressure, which is a major protective factor for cardiovascular and kidney health. Choosing a variety of fruits and vegetables increases intake of fiber, potassium, and many vitamins and protective plant compounds. Variety matters because different colors and types provide different nutrient profiles (for example, leafy greens, orange vegetables, berries, and cruciferous vegetables each contribute unique benefits).

Consuming whole grains—such as oats, brown rice, whole-wheat bread, and whole-grain pasta—supports digestive health through fiber, improves fullness, and contributes nutrients like B vitamins and minerals.

Many educational nutrition plans encourage making at least half of grains whole, and "three-ounce equivalents or more" reflects a common daily target used in dietary planning.

The remaining options do not reflect healthy-diet guidance. Allocating over 20% of daily calories to saturated fat (D) is generally considered too high and is associated with poorer heart-health patterns when it displaces unsaturated fats. "Consuming whole-milk products after childhood (E)" is not a general requirement for health; while dairy can be part of a balanced diet, choosing lower-fat dairy is often recommended to limit saturated fat while still getting calcium and protein.

NEW QUESTION # 34

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