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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 (Q23-Q28):

NEW QUESTION # 23

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

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

Answer: B

NEW QUESTION # 24

What is a dimension of social health?

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

Answer: D

Explanation:

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.

NEW QUESTION # 25

Which reaction is common with food intolerance?

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

Answer: A

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 # 26

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

Answer: C

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 # 27

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

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

Answer: D

Explanation:

Calories are the standard unit used to describe the amount of energy provided by food and drinks, so option D 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 # 28

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