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Health and Wellness Test Questions and Answers

The first step in developing a personal fitness plan is to - ✓✓ set goals

An example of a general long term fitness goal would be - ✓✓ lowering your risk for heart disease.

An example of a specific short term fitness goal would be - ✓✓ jogging 2 miles in 19 minutes.

Fitness improves most quickly during the first _____ of an exercise program - ✓✓ 6 months

cardiorespiratory endurance is developed by - ✓✓ doing activities that involve continuous rhythmic movements of large-muscle

Using several different activities to develop a particular fitness component is called - ✓✓ cross-training

The recommended total duration for cardiorespiratory endurance training is _____ minutes - ✓✓ 20-60

An appropriate frequency for a cardiorespiratory endurance program is _____ times per week - ✓✓ 3-5

The final step in physical fitness program planning is - ✓✓ making a commitment

periodization of training is a technique that - ✓✓ Program designed to promote long-term training

Exercise may help to improve insulin sensitivity, an important effect for people with - ✓✓ diabetes

Exercise for children under 12 years of age should focus on - ✓✓ cell development and fitness

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q41-Q46):

NEW QUESTION # 41

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

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 # 42

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

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 # 43

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

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

Answer: C

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 # 44

Which is a characteristic of SEL skills?

- A. They can only be applied at work
- B. They can be developed throughout adulthood
- C. They take a short time to develop
- D. They cannot be measured

Answer: B

Explanation:

Social and Emotional Learning (SEL) skills include abilities like self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. A key characteristic of SEL skills is that they are learned and strengthened over time—not fixed traits—and they can continue to develop throughout adulthood. People refine SEL through life experiences, feedback, coaching, education, and intentional practice. For example, adults often improve communication, emotional regulation, empathy, and conflict resolution as they take on new roles such as employee, manager, partner, caregiver, or community member.

Option A fits this lifelong-development perspective. SEL skills build through repeated practice in real situations—handling stress, collaborating with others, managing frustration, and making thoughtful choices.

This is why SEL is described as a set of competencies that can be taught, practiced, and improved at any stage of life.

The other options are inaccurate. SEL skills do not typically take a short time to develop; while small improvements can happen quickly, strong skills usually require ongoing practice. SEL skills are also not limited to the workplace; they apply at school, home,

sports teams, friendships, and community settings.

Finally, SEL skills can be measured in meaningful ways, such as through self-reflection checklists, observed behaviors, goal tracking, and growth over time in areas like cooperation, emotional regulation, and problem-solving.

In wellness education, understanding SEL as lifelong skills encourages a growth mindset: even if someone struggles with stress, confidence, or social connection now, they can improve with practice and support.

NEW QUESTION # 45

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

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

Answer: B

Explanation:

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.

NEW QUESTION # 46

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