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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 (Q26-Q31):

NEW QUESTION # 26

A male individual has a family history of heart disease but is currently healthy. The individual wants advice on the type of exercise to reduce risk. Which approach is recommended by the American Heart Association to achieve this goal?

- A. Engage in moderate-intensity aerobic exercise four to five times per week
- B. Engage in strength-training four to five times per week
- C. Engage in a meditation program two to three times per week
- D. Engage in daily stretching exercises two to three times per week

Answer: A

Explanation:

For lowering future cardiovascular risk—especially with a family history of heart disease—the most consistently recommended exercise foundation is moderate-intensity aerobic activity performed regularly throughout the week. The American Heart Association (AHA) advises adults to get at least 150 minutes per week of moderate-intensity aerobic activity (or 75 minutes vigorous, or a combination), preferably spread across the week. A very practical way to meet that goal is about 30 minutes on 5 days per week, which aligns closely with "four to five times per week." Moderate-intensity aerobic exercise includes brisk walking, cycling at an easy-to-moderate pace, swimming, or dancing—activities that raise the heart rate and breathing while still allowing conversation (the "talk test").

These workouts improve cardiorespiratory fitness, help manage blood pressure, support healthy cholesterol patterns, improve insulin sensitivity, and assist with weight management—key protective factors for heart health.

The other options are valuable but are not the primary AHA approach for reducing heart-disease risk in an otherwise healthy person. Stretching supports mobility and comfort, but it does not provide the same cardiovascular conditioning. Meditation can reduce stress and may support heart health indirectly, but it is not a substitute for aerobic conditioning. Strength training is important and is also recommended by the AHA (typically at least 2 days per week), but on its own it does not replace aerobic activity as the main strategy for cardiovascular risk reduction.

So, the best single choice is moderate-intensity aerobic exercise four to five times per week, ideally combined with some resistance training across the week for a complete heart-healthy routine.

NEW QUESTION # 27

Which scenario is an example of self-awareness?

- A. Creating a system for organizing notes to make studying for assessments effective
- B. Thinking an evaluator's feedback is an opportunity to improve instead of personal criticism
- C. Being mindful of one's word choice when communicating with a group
- D. Joining a study group to help fellow students by discussing one's work experiences

Answer: B

Explanation:

Self-awareness involves recognizing one's own emotions, thoughts, strengths, limitations, and how these influence behavior. Option C—viewing an evaluator's feedback as an opportunity to improve rather than personal criticism—shows self-awareness because it reflects insight into how feedback can trigger emotional reactions and how reframing thoughts can change the response. This demonstrates awareness of inner dialogue and emotional interpretation, which are central to self-awareness.

In this scenario, the person recognizes that feedback might initially feel uncomfortable or threatening, but they choose a healthier interpretation: "This is useful information for growth." That mental reframing requires awareness of personal feelings (such as defensiveness or embarrassment) and an understanding that those feelings do not have to control the outcome. It also supports confidence and learning, which are key benefits of SEL.

The other options align more strongly with different SEL skills. A (being mindful of word choice in a group) is closely related to relationship skills and self-management-controlling communication to be respectful. B (joining a study group to help others) reflects relationship skills and social awareness-cooperation and support. D (creating an organization system for notes) is primarily executive function-planning and organization.

Self-awareness helps people identify triggers, understand what motivates them, and choose responses that match their goals and values. In health and wellness contexts, it supports recognizing stress signals, noticing negative self-talk, and adjusting behaviors early-before problems escalate.

NEW QUESTION # 28

Which term categorizes vitamins and minerals?

- A. Essential amino acids
- B. Antioxidants
- C. Macronutrients
- **D. Micronutrients**

Answer: D

Explanation:

Vitamins and minerals are categorized as micronutrients because the body needs them in small amounts to support essential functions, even though they do not provide calories (energy). They play critical roles in maintaining normal growth, immune function, bone health, blood formation, nerve signaling, and metabolism.

For example, vitamins such as A, C, D, E, K, and the B-complex help regulate processes like vision, collagen formation, calcium absorption, antioxidant defense, and energy metabolism. Minerals such as calcium, iron, potassium, magnesium, zinc, and iodine support bone structure, oxygen transport, fluid balance, muscle contraction, enzyme activity, and thyroid function.

Micronutrients differ from macronutrients (carbohydrates, fats, and proteins), which are needed in larger quantities and supply the body with energy and building materials. In a balanced diet, macronutrients provide fuel and tissue-building components, while micronutrients help the body use that fuel effectively and keep organs and systems functioning properly.

The other options are not correct categories for vitamins and minerals. Antioxidants describe substances that help protect cells from oxidative damage; some vitamins (like C and E) act as antioxidants, but not all vitamins and minerals are classified that way. Essential amino acids are the building blocks of protein that must come from food; they are not vitamins or minerals. Therefore, "micronutrients" is the broad, accurate classification that includes both vitamins and minerals, highlighting their importance despite the small amounts required.

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. Social awareness**
- C. Self-management
- D. Executive function

Answer: B

NEW QUESTION # 30

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. Meditation
- B. Relaxation
- **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 # 31

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