

Hot WGU Health-Fitness-and-Wellness Exams Torrent Carefully Researched by WGU Experienced Trainers

WGU - C458 - Health, Wellness and Fitness exam with questions and answers 2024

Amphetamines - answer Uppers, stimulants. Legitimate and useful medical applications, but often abused. Example Ritalin for ADHD, Adderall for obesity, ADHD and narcolepsy.

Ecstasy - answer MDMA. Club drug often used at all night dance parties (raves). Stimulant that increases heart rate and blood pressure and can lead to heart or kidney failure; regular use produces long-lasting, perhaps permanent, damage to your brain's ability to think and store memories.

Hallucinogens - answer Substances that occur naturally or produce synthetically that distort user's perception of reality; cause sensory illusions that make it difficult to distinguish fact from fantasy. Example: LSD, peyote, PCP.

Barbiturates - answer Historically represented one of nations biggest drug abuse problems. Generally known as downers, often taken as a way of escaping problems of daily living. Effects range from person feeling drowsy, uninhibited, and intoxicated to intoxication and staggering as if drunk, slurred speech, confused.

Nicotine - answer Found in tobacco. Potent parasympathetic alkaloid, stimulant drug, addictive. Associated with cardiovascular disease, potential birth defects, and poisoning. Associated with cancer.

Suppositories - answer Drug delivery system inserted into rectum, vagina, or urethra where it dissolves or melts and is absorbed into the bloodstream.

Diuretics - answer Promotes production of urine. Used for high blood pressure. Often used by bulimics for weight loss.

Intravenous injection - answer A route of drug administration directly into the bloodstream through a vein. Yield strongest and most rapid effect but is most dangerous due to risk of infection, vein collapse, or overdose.

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q32-Q37):

NEW QUESTION # 32

Which disorder includes having low energy, difficulty sleeping, missing assignments, and avoiding friends?

- A. Depressive disorder
- B. Schizophrenia
- C. Anxiety disorder
- D. Bipolar disorder

Answer: A

Explanation:

Depressive disorder commonly involves a cluster of symptoms that affect mood, energy, thinking, behavior, and daily functioning. The signs listed—low energy, difficulty sleeping, missing assignments, and avoiding friends—fit well with depression because depression can reduce motivation, concentration, and interest in usual activities. People may feel persistently sad, empty, or irritable, and they may withdraw socially because interactions feel exhausting or because they experience low self-worth and guilt. Sleep disturbance is also common; some people have insomnia (trouble falling or staying asleep), while others sleep more than usual but still feel tired. Missing assignments can reflect decreased concentration, slowed thinking, or lack of motivation—often called "anhedonia" (loss of interest/pleasure) and reduced drive. Avoiding friends reflects social withdrawal, which can worsen symptoms by removing support and increasing isolation.

The other options are less consistent with the overall pattern. Schizophrenia typically features symptoms such as hallucinations, delusions, disorganized thinking, and significant changes in perception and behavior—these are not mentioned here. Bipolar disorder includes episodes of depression, but it is distinguished by episodes of mania or hypomania (periods of unusually elevated or irritable mood, increased energy, decreased need for sleep, and impulsive behavior). Anxiety disorders can cause sleep issues and avoidance, but the combination of low energy, withdrawal, and functional decline described here aligns more strongly with depression.

Wellness education emphasizes early support: talking to a trusted adult or counselor, maintaining routines (sleep, meals, movement), and seeking professional help when symptoms persist or interfere with school and relationships.

NEW QUESTION # 33

A 26-year-old individual has been experiencing fever, headache, and neck stiffness. Which main condition could this individual have developed?

- A. Hepatitis
- B. Asthma
- C. Meningitis
- D. Ulcer

Answer: C

Explanation:

Fever, headache, and neck stiffness are classic warning signs associated with meningitis, an inflammation of the meninges—the protective membranes covering the brain and spinal cord. This symptom combination is considered medically significant because meningitis can develop quickly and may become life-threatening without prompt evaluation and treatment. In many health education materials, the "triad" of fever + severe headache + stiff neck is strongly linked to meningitis, sometimes accompanied by sensitivity to light (photophobia), nausea/vomiting, confusion, or a rash (more common in certain bacterial types).

Meningitis can be caused by viruses (often milder and self-limited) or bacteria (more severe and requiring urgent antibiotics). Because bacterial meningitis can progress rapidly, the correct health and wellness guidance is to seek immediate medical care when these symptoms appear together—especially if symptoms are sudden, intense, or worsening.

The other options do not best match the symptom pattern. Hepatitis primarily affects the liver and is more commonly associated with

fatigue, abdominal pain, nausea, dark urine, and jaundice rather than neck stiffness. An ulcer (stomach or duodenal) usually causes burning abdominal pain, indigestion, or nausea, not stiff neck and fever as key features. Asthma is a respiratory condition characterized by wheezing, chest tightness, coughing, and shortness of breath; it does not typically present with neck stiffness and fever.

From a wellness education perspective, prevention strategies include vaccination where appropriate (e.g., meningococcal vaccines), practicing good hygiene to reduce spread of infections, and understanding when symptoms require urgent medical attention. Recognizing meningitis symptoms early is crucial because timely assessment and treatment can significantly improve outcomes.

NEW QUESTION # 34

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

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

Answer: A,B,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 # 35

A teenager has collapsed at a friend's house and is not responding. What is the first life-saving step to take?

- A. Start chest compressions.
- B. Call 911.
- C. Find the teenager's parent.
- D. Make the teenager comfortable.

Answer: B

Explanation:

When a person collapses and is not responding, the first life-saving priority is to activate emergency medical help immediately.

Calling 911 brings trained responders and equipment (including defibrillators, oxygen, and medications) that can be crucial within minutes. In emergency care education, the earliest steps are often taught as: check responsiveness, shout for help, and call emergency services (or direct someone else to call) before moving into further actions.

After calling 911, the next step is to assess breathing. If the teen is not breathing normally (no breathing or only gasping), begin CPR—starting with chest compressions—and have someone retrieve an AED if available. If you are alone and have a phone, you can call 911 on speaker so you can follow dispatcher instructions while you begin the assessment and CPR steps. The key point is that calling 911 is the first action that ensures the fastest access to advanced care and professional guidance.

The other options delay effective treatment. Finding a parent can waste critical time, and a parent may not have emergency training or equipment. Making the teenager "comfortable" is not appropriate when the person is unresponsive; comfort measures apply when someone is awake, breathing adequately, and stable. Starting chest compressions can be vital after confirming abnormal breathing, but

from the provided choices, calling

911 is the best "first" step because it initiates the chain of survival and ensures help is on the way while you proceed with CPR steps.

NEW QUESTION # 36

Which immune system proteins recognize and inactivate invaders?

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

Answer: A

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 # 37

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