

新版Health-Fitness-and-Wellness題庫 & Health-Fitness-and-Wellness指南



P.S. KaoGuTi在Google Drive上分享了免費的2026 WGU Health-Fitness-and-Wellness考試題庫：https://drive.google.com/open?id=1TUgT48trT365pLTiDl2_83UCs08X8Br

用一下KaoGuTi的Health-Fitness-and-Wellness考古題怎麼樣？這個考古題可以說是與Health-Fitness-and-Wellness考試相關的所有參考資料中最優秀的資料。為什麼呢？有以下四個理由。第一，KaoGuTi的考古題是IT專家們運用他們多年的經驗研究出來的資料，可以準確地劃出考試出題的範圍。第二，KaoGuTi的考古題包含了可能出現在實際考試中的所有試題。第三，KaoGuTi的考古題保證考生一次就通過考試，如果考生考試失敗則全額退款。第四，KaoGuTi的考古題分為PDF版和軟體版兩個版本。利用這兩個版本的考古題，考生可以更輕鬆地準備考試。

有些網站在互聯網上為你提供高品質和最新的WGU的Health-Fitness-and-Wellness考試學習資料，但他們沒有任何相關的可靠保證，在這裏我要說明的是這KaoGuTi一個有核心價值的問題，所有WGU的Health-Fitness-and-Wellness考試都是非常重要的，但在個資訊化快速發展的時代，KaoGuTi只是其中一個，為什麼大多數人選擇KaoGuTi，是因為KaoGuTi所提供的考題資料一定能幫助你通過測試，為什麼呢，因為它提供的資料都是最新的，這也是大多數考生通過實踐證明了的。

>> 新版Health-Fitness-and-Wellness題庫 <<

最受推薦的新版Health-Fitness-and-Wellness題庫，WGU Courses and Certificates認證Health-Fitness-and-Wellness考試題庫提供免費下載

我們KaoGuTi WGU的Health-Fitness-and-Wellness考試的做法是最徹底的，以及最準確及時的最新的實踐檢驗，你會發現目前市場上的唯一可以有讓你第一次嘗試通過困難的信心。WGU的Health-Fitness-and-Wellness考試認證在世界上任何一個國家將會得到承認，所有的國家將會一視同仁，KaoGuTi WGU的Health-Fitness-and-Wellness認證證書不僅有助於提高你的知識和技能，也有助於你的職業生涯在不同的條件下多出一個可能性，我們KaoGuTi WGU的Health-Fitness-and-Wellness考試認證合格使用。

最新的 Courses and Certificates Health-Fitness-and-Wellness 免費考試真題 (Q36-Q41):

問題 #36

Many students in a preschool class are ill with a common cold. The teacher wants to avoid becoming infected. Which strategy will help reduce the possibility of transmission?

- A. Eat a lot of dairy
- B. Drink plenty of water
- C. Take vitamin C daily
- **D. Wash hands frequently**

答案：D

解題說明:

Frequent handwashing is one of the most effective, evidence-based strategies to reduce the spread of the common cold in group settings like preschools. Cold viruses (most commonly rhinoviruses) spread through respiratory droplets and contaminated surfaces. In classrooms, children often touch shared toys, tables, doorknobs, and their faces. When a teacher touches these surfaces and then touches their eyes, nose, or mouth, the virus can enter the body. Washing hands frequently interrupts this route of transmission by physically removing germs before they can infect a person or be passed on to others.

Proper handwashing means using soap and water, scrubbing all hand surfaces (including between fingers and under nails) for at least 20 seconds, then rinsing and drying thoroughly. If soap and water aren't available, an alcohol-based hand sanitizer can help, though soap and water are preferred when hands are visibly dirty. In addition to hand hygiene, reducing face-touching and cleaning high-touch surfaces can further lower risk, but among the listed options, handwashing most directly reduces transmission.

The other choices support general health but don't reliably prevent infection on their own. Drinking water helps hydration and normal body function, yet it does not stop viruses from spreading. Vitamin C may support immune function, but research shows it has limited effect in preventing colds for most people and cannot replace hygiene measures. Eating dairy is not a proven strategy to prevent cold transmission and may be irrelevant to infection control. For teachers and students, consistent hand hygiene remains a cornerstone of infection prevention, especially in environments with close contact and frequent shared materials.

問題 #37

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

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

答案: A,B,E

解題說明:

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.

問題 #38

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

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

答案: B

解題說明:

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.

問題 #39

When an individual gives a presentation in front of a group, the individual's voice trembles and body shakes. Which type of stress response is the individual demonstrating?

- A. Physiological
- B. Cognitive
- C. Emotional
- D. Behavioral

答案： A

解題說明：

A trembling voice and shaking body during a presentation reflect a physiological stress response.

Physiological responses are the body's automatic physical changes that occur when the brain perceives a threat—such as public speaking, performance pressure, or fear of judgment. This response is often described as the "fight-or-flight" reaction. The body releases stress hormones that increase alertness and prepare muscles for action. As a result, people may experience shaking, sweaty palms, dry mouth, faster heartbeat, rapid breathing, or a tight chest.

In this scenario, the individual's symptoms are clearly physical. Voice trembling can occur because breathing becomes shallow and muscles around the throat tighten. Body shaking can happen from adrenaline effects on muscles and increased nerve activation. These reactions can be uncomfortable but are common, especially when someone feels evaluated by others.

The other categories do not best match the described signs. Cognitive stress responses are thought-based, such as racing thoughts, difficulty concentrating, or negative self-talk ("I'm going to mess up"). Emotional responses involve feelings like fear, embarrassment, or irritability. Behavioral responses involve actions like avoiding the presentation, fidgeting, or speaking too quickly. While cognitive, emotional, and behavioral responses may also be present, the question specifically describes physical symptoms, which are physiological.

Wellness strategies that help reduce physiological stress symptoms include slow breathing (longer exhales), grounding techniques, practicing the presentation, arriving early to acclimate, and reframing nerves as normal performance energy. Over time, repeated exposure and preparation can reduce the intensity of these bodily reactions.

問題 #40

Which description of the REM sleep phase is true?

- A. It is when most dreams occur.
- B. It is characterized by slowed breathing and heart rate.
- C. It is characterized by fluctuations between light sleep and wakefulness.
- D. It occurs in longer periods during the first half of the night.

答案： A

解題說明：

REM (Rapid Eye Movement) sleep is best known as the stage in which most vivid dreaming occurs, making option C the true description. During REM, brain activity becomes more active and can resemble wakefulness in some ways, which helps explain why dreams can feel intense, emotional, and story-like. REM plays an important role in mental recovery, learning, and emotional processing, which is why adequate sleep time supports mood and cognitive performance.

REM does not usually occur in longer periods during the first half of the night. Instead, sleep cycles repeat roughly every 90 minutes, and REM periods typically become longer later in the night, especially in the second half. That is why cutting sleep short often reduces REM time disproportionately.

Option B is also incorrect because REM is not defined by a steady slowing of breathing and heart rate. While the body's muscles are largely relaxed and temporarily "inhibited" to prevent acting out dreams, breathing and heart rate can be more variable in REM compared with deeper non-REM sleep.

Option D describes Stage 1 (N1) rather than REM. Stage 1 is the drifting transition where a person can easily wake up, whereas REM is a distinct phase within the sleep cycle.

From a health and wellness perspective, understanding REM can help explain why consistent sleep duration matters. People often feel mentally foggy or emotionally reactive when they miss sleep because REM and other key stages are shortened. Supporting REM sleep involves steady sleep-wake times, limiting alcohol close to bedtime, managing stress, and creating a dark, cool, quiet sleep environment.

問題 #41

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WGU 新版Health-Fitness-and-Wellness題庫 言與行的距離到底有多遠，追求數量，做的越多，感覺對Health-Fitness-and-Wellness考試幫助越大，WGU 新版Health-Fitness-and-Wellness題庫 那麼，應該怎麼辦才好呢，WGU 新版Health-Fitness-and-Wellness題庫 確實，這是一個非常重要的考試，這個考試已經被公開認證了，安全保障的付款方式，WGU 新版Health-Fitness-and-Wellness題庫 獲取本認證不僅僅能證明考生的IT技術能力，更是考生進入職場的敲門磚，也是提高考生身價的最佳途徑，WGU 新版Health-Fitness-and-Wellness題庫 為了不讓成功與你失之交臂，趕緊行動吧，WGU Health-Fitness-and-Wellness 新版題庫 如果你對我們的產品有任何意見都可以隨時提出，因為我們不僅讓廣大考生輕鬆通過考試為宗旨，更把為大家提供最好的服務作為我們的目標。

因為自己明天的路也將會是替自己恕罪的最後壹次了，如今卻是想撐破頭皮地擠進來，言與行的距離到底有多遠，追求數量，做的越多，感覺對Health-Fitness-and-Wellness考試幫助越大，那麼，應該怎麼辦才好呢，確實，這是一個非常重要的考試，這個考試已經被公開認證了。

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