

# Health-Fitness-and-Wellness試験の準備方法 | 効率的な Health-Fitness-and-Wellness必殺問題集試験 | 認定する WGU Health, Fitness, and Wellness (HIO1)関連資格知識

3/23, 7:19 PM WGU Student Portal WGU KNOWLEDGE CENTER

**PRE-ASSESSMENT: HEALTH, FITNESS AND WELLNESS (HIO1) (PHIO)**

Attempt #4  
Status: Passed

1. Which immune system structure is the site where white blood cells gain the ability to chemically identify specific foreign agents?

	YOUR ANSWER	CORRECT ANSWER
Tonsils		
Kidney		
Thymus gland	✓	✓
Thoracic duct		

2. Match each function with the corresponding body system.  
Select your answer from the pull-down list.

	YOUR ANSWER	CORRECT ANSWER
✓ Forms a protective barrier	Integumentary system	Integumentary system
Regulates body temperature	Integumentary system	Both Integumentary and central nervous system
✓ Controls blood pressure	Central nervous system	Central nervous system
Regulates thirst and hunger	Both Integumentary and central nervous system	Central nervous system
✓ Regulates muscle coordination	Central nervous system	Central nervous system

3. A postmenopausal female with a body mass index of 33 smokes approximately two packs of cigarettes per day. The individual has no children and exercises rarely. During a routine physical exam, a physician found a small lump near the left breast.  
Which two health conditions are of concern?  
Choose 2 answers.

[Help](#)

https://my.wgu.edu/coaching-report/preassessment-report/1/1/studentPlan/0167844/assessment/Code/PHIO/testDate/656527336 1/4

さらに、ShikenPASS Health-Fitness-and-Wellnessダンプの一部が現在無料で提供されています：[https://drive.google.com/open?id=176S0kJ-4\\_io7uwT91d-4iHhfaqycxNd1](https://drive.google.com/open?id=176S0kJ-4_io7uwT91d-4iHhfaqycxNd1)

私たちのHealth-Fitness-and-Wellness問題集は有名で、多くの人に知られています。利用するとき、Health-Fitness-and-Wellness問題の正確性を見つけることができます。だから、いい好評をもらいました。それはずっとHealth-Fitness-and-Wellness問題集に取り組んでいる専門家の苦勞です。そして、Health-Fitness-and-Wellness問題集は定期的に更新されます。できるだけ、お客様に最新版を提供します。Health-Fitness-and-Wellness問題集を選ばない理由はないです！

どのようにWGU Health-Fitness-and-Wellness試験に準備すると悩んでいますか。我々社のHealth-Fitness-and-Wellness問題集を参考した後、ほっとしました。弊社のHealth-Fitness-and-Wellnessソフト版問題集はかねてより多くのIT事業をしている人々は順調にWGU Health-Fitness-and-Wellness資格認定を取得させます。試験にパスする原因は我々問題集の全面的で最新版です。

>>> Health-Fitness-and-Wellness必殺問題集 <<<

Health-Fitness-and-Wellness試験の準備方法 | 高品質な Health-Fitness-and-Wellness必殺問題集試験 | 信頼的な WGU Health, Fitness, and Wellness (HIO1)関連資格知識

Health-Fitness-and-Wellness試験の教材は、激しい競争で際立つのに役立ちます。Health-Fitness-and-Wellness試験問題を使用した後、Health-Fitness-and-Wellness認定に合格する可能性が高くなります。これにより、ソフトパワーが大幅に向上し、体力が向上します。Health-Fitness-and-Wellnessトレーニングガイドはあなたに何かをもたらすことができます。私たちのHealth-Fitness-and-Wellness学習ブレンダンプを使用した後、あなたは確かにあなた自身の経験を持つでしょう。ここで、選択する価値のある製品がHealth-Fitness-and-Wellnessの実際の試験である理由を見てみましょう。

## WGU Health, Fitness, and Wellness (HIO1) 認定 Health-Fitness-and-Wellness 試験問題 (Q30-Q35):

### 質問 # 30

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

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

正解: C

解説:

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.

### 質問 # 31

Rewarding oneself for successful, on-time progress is an example of which SEL competency?

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

正解: C

解説:

Rewarding oneself for successful, on-time progress is a clear example of self-management. Self-management includes self-discipline, motivation, goal-directed behavior, and using strategies that help sustain effort over time. Rewarding yourself is a form of positive reinforcement—it strengthens habits by linking consistent effort with a meaningful benefit. For example, if a student meets weekly deadlines, they might reward themselves with a relaxing activity, extra leisure time, or a small treat. This reinforces consistency and helps maintain motivation when tasks feel demanding.

This behavior also reflects the ability to monitor progress and regulate behavior accordingly—key parts of self-management. The person recognizes achievement, chooses a healthy reward, and uses it to support continued commitment. It can also reduce burnout by balancing effort with recovery and enjoyment.

The other options do not fit as well. Communication and leadership involve working with and guiding others; rewarding oneself is internal. Social awareness focuses on understanding others' emotions and perspectives, not personal habit-building. Executive

function is related to planning and organization, which helps a person complete tasks on time, but the act of rewarding oneself to maintain motivation is more directly a self-management tool.

In wellness contexts, self-management strategies like rewards work best when they are realistic and healthy- such as taking a walk, enjoying a hobby, or spending time with supportive people-rather than rewards that undermine goals. Used thoughtfully, self-reward supports persistence, confidence, and a positive relationship with personal growth.

### 質問 # 32

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

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

正解: A

### 質問 # 33

Which SEL skill is characterized by critical thinking and responsible decision making?

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

正解: C

解説:

Executive function best matches the description of critical thinking and responsible decision-making.

Executive function refers to mental skills that help a person plan, focus attention, remember instructions, manage impulses, and weigh consequences before acting. These abilities support "thinking before doing," which is central to making responsible, thoughtful choices in academics, relationships, and health behaviors.

Critical thinking is part of executive function because it involves analyzing information, evaluating options, anticipating outcomes, and selecting the most appropriate response. Responsible decision-making requires considering safety, ethics, long-term consequences, and the impact on others-processes strongly connected to executive functioning skills like impulse control, planning, and flexible thinking.

The other options are related SEL areas but do not best fit the prompt. Communication and leadership involve expressing ideas clearly, listening, persuading, and guiding others-important, but not the core of critical thinking itself. Social awareness focuses on empathy, understanding social cues, and appreciating others' perspectives-also crucial, but not primarily about analyzing options and consequences. Self-management involves regulating emotions and behaviors, managing stress, and staying motivated; it supports decision-making but is more about controlling reactions than the thinking process described.

In practical wellness terms, executive function helps someone pause before reacting in conflict, choose healthier coping strategies under stress, resist risky behaviors, and follow through on goals. Strengthening executive function can involve planning routines, breaking tasks into steps, using reminders, practicing mindful pauses, and reflecting on outcomes after decisions.

### 質問 # 34

Which action is an effective way of preventing the consumption of food-borne bacteria?

- A. Cook beef until it is at least medium rare
- B. Microwave food until it is very hot
- C. Use a food thermometer and cooking temperature chart
- D. Allow cooked food to remain at room temperature

正解: C

解説:

The most reliable way to prevent consuming food-borne bacteria is to ensure food reaches a safe internal temperature, which is why using a food thermometer and a cooking temperature chart (C) is the best answer. Harmful bacteria can survive if food is undercooked, and appearance alone (color, texture, "hot enough," or cooking time) can be misleading. A thermometer directly

measures whether the thickest part of the food has reached a temperature high enough to reduce pathogens to safe levels. OptionA sounds helpful, but "very hot" is vague and not measurable; microwaves can heat unevenly, leaving cold spots where bacteria survive. Microwaving can be safe when done properly, but without verifying temperature, it's not the most effective prevention strategy. OptionB is unsafe: leaving cooked food at room temperature for extended periods allows bacteria to multiply rapidly. OptionC can be risky because "medium rare" may not reach the internal temperature needed to reduce bacteria to safe levels for all people and situations-especially for ground meats, which generally require more thorough cooking because bacteria can be mixed throughout the product.

Health and wellness education emphasizes several food-safety habits: cook to safe temperatures, avoid the "danger zone" where bacteria multiply quickly (food left warm for too long), chill leftovers promptly, and reheat leftovers thoroughly. Among the listed options, the thermometer approach is the most precise and consistently recommended because it removes guesswork and directly supports safe eating.

## 質問 # 35

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IT業種の人たちは自分のIT夢を持っているのを信じています。WGUのHealth-Fitness-and-Wellness認定試験に合格することとか、より良い仕事を見つけることとか。ShikenPASSは君のWGUのHealth-Fitness-and-Wellness認定試験に合格するという夢を叶えるための存在です。あなたはShikenPASSの学習教材を購入した後、私たちは一年間で無料更新サービスを提供することができます。もし試験に不合格になる場合があれば、私たちが全額返金することを保証いたします。

**Health-Fitness-and-Wellness関連資格知識:** <https://www.shikenpass.com/Health-Fitness-and-Wellness-shiken.html>

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コイツが女だったら良かったのになと、そんな我ながら馬鹿らしいとしか言えないことを、毎回律儀Health-Fitness-and-Wellness必殺問題集に思い描いてしまうのだ、鉄筋が張り巡らされた建設中のビルは、身を隠すには打ってつけだと思ったのだが、一郎は建物の中に侵入して直ぐ、建物の中に入ったら逃げ場がないことに気が付いた。

## ハイパスレート-効率的なHealth-Fitness-and-Wellness必殺問題集試験-試験の準備方法Health-Fitness-and-Wellness関連資格知識

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PDFバージョンの便利性、我々の高い合格率でこの分野に一席を占めます。

- Health-Fitness-and-Wellness模擬対策問題 ♥ Health-Fitness-and-Wellness資格取得講座 □ Health-Fitness-and-Wellness最新テスト □ 今すぐ ( [www.passtest.jp](http://www.passtest.jp) ) を開き、 ( Health-Fitness-and-Wellness ) を検索して無料でダウンロードしてくださいHealth-Fitness-and-Wellness復習時間
- WGU Health-Fitness-and-Wellness認定試験に対する効率のあがる勉強法 □ [ [www.goshiken.com](http://www.goshiken.com) ] に移動し、▶ Health-Fitness-and-Wellness ◀ を検索して、無料でダウンロード可能な試験資料を探しますHealth-Fitness-and-Wellness資格専門知識
- Health-Fitness-and-Wellness参考資料 □ Health-Fitness-and-Wellness無料サンプル □ Health-Fitness-and-Wellness模擬対策問題 □ 時間限定無料で使える { Health-Fitness-and-Wellness } の試験問題は ▶ [www.passtest.jp](http://www.passtest.jp) □ サイトで検索Health-Fitness-and-Wellness日本語受験攻略
- Health-Fitness-and-Wellness復習時間 □ Health-Fitness-and-Wellness合格内容 □ Health-Fitness-and-Wellness無料問題 □ ▶ [www.goshiken.com](http://www.goshiken.com) □ で“Health-Fitness-and-Wellness”を検索して、無料でダウンロードしてくださいHealth-Fitness-and-Wellness無料サンプル
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