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WGU C458 HEALTH FITNESS AND WELLNESS EXAM 2024 ACTUAL EXAM 2 VERSIONS WITH COMPLETE 500 QUESTIONS WITH DETAILED VERIFIED ANSWERS (100% CORRECT ANSWERS) /ALREADY GRADED A+

VERSION A

The most common form of fat in the body; excess calories consumed are converted into these and stored as body fat -ANSWER...**Triglycerides**

Basic nutrients that supply the body with the energy needed to sustain normal activity -ANSWER...**Carbohydrates**

The constituents of food that sustain us physiologically: proteins, carbohydrates, fats,

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q21-Q26):

NEW QUESTION # 21

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

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

Answer: C

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 # 22

Which sleep stage is characterized by fluctuations between light sleep and wakefulness?

- A. Stage 3
- B. Stage 1
- C. REM
- D. Stage 2

Answer: B

Explanation:

Stage 1 sleep (often called N1) is the lightest sleep stage and is best described as the transition between being awake and being asleep. During this stage, people commonly drift in and out of sleep and may still be aware of their surroundings. That "in-between" quality is why Stage 1 is associated with fluctuations between light sleep and wakefulness.

In Stage 1, the body begins to relax: muscle activity decreases, eye movements slow, and brain activity starts shifting away from fully awake patterns. Because this stage is very light, it's easy to wake up from it, and many people who are awakened during Stage 1 may even insist they were not asleep. Brief muscle twitches or the sensation of falling can occur as the nervous system transitions into sleep.

The other stages don't match this description. Stage 2 (N2) is also light sleep, but it is more stable than Stage 1 and represents a deeper "settled" sleep state where the body further relaxes and the brain shows specific patterns associated with maintaining sleep. Stage 3 (N3) is deep sleep, where awakening is difficult and restorative processes are emphasized, including physical recovery and immune support. REM is a distinct stage typically associated with vivid dreaming and active brain patterns, but it is not described as drifting back and forth between wakefulness and sleep. Instead, REM is a recognizable sleep phase that cycles throughout the night.

Understanding Stage 1 matters for wellness because frequent awakenings can keep someone stuck in lighter stages, leaving them feeling unrefreshed. Improving sleep habits (consistent schedule, reduced caffeine late in the day, and a calmer wind-down routine)

can help the body move smoothly beyond Stage 1 into more restorative sleep.

NEW QUESTION # 23

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

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

Answer: A

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 # 24

Which term categorizes vitamins and minerals?

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

Answer: B

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 # 25

Which result is a potential benefit for an overweight individual experiencing significant weight loss?

- A. Increased triglycerides
- B. Increased muscle mass
- C. Increased low-density lipoproteins
- **D. Increased insulin sensitivity**

Answer: D

Explanation:

A common and clinically meaningful benefit of significant weight loss in an overweight individual is increased insulin sensitivity. Insulin is a hormone that helps move glucose (sugar) from the bloodstream into body cells to be used for energy. When a person is overweight—especially with higher abdominal fat—cells often become less responsive to insulin, a condition called insulin resistance. To compensate, the body produces more insulin, and over time blood sugar control may worsen, increasing the risk for prediabetes and type 2 diabetes.

Weight loss can improve insulin sensitivity by reducing excess fat stores and lowering inflammation that interferes with normal insulin signaling. As cells respond better to insulin, the body can manage blood glucose more effectively, often resulting in steadier energy levels and improved metabolic health. This is one reason lifestyle changes that include improved nutrition and regular physical activity are emphasized for reducing diabetes risk.

The other options do not reflect typical health improvements linked to weight loss. Increased low-density lipoproteins (LDL) and increased triglycerides are generally considered unfavorable for cardiovascular health; healthy weight loss is more often associated with improvements in these markers (though individual results depend on diet quality, genetics, and activity). Increased muscle mass can occur if weight loss is paired with resistance training and adequate protein, but it is not the most consistent "automatic" outcome of weight loss; without strength training, some lean mass can be lost along with fat. The most reliable metabolic benefit highlighted in health education is better insulin action—meaning increased insulin sensitivity.

NEW QUESTION # 26

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