

College Prep Health Final Exam Study Guide

My health final exam is _____

*** Come prepared!!! Bring 2 #2 pencils. You may use pen on writing portion. You may use a calculator. ***

Format

30 multiple choice, 20 matching, 1 essay

Everything we have covered during the semester could be on the final exam.

Below is a list of chapters that we covered and some of the major topics and concepts from each chapter. This list does **NOT include everything that will be on the final exam.

Chapter 1 i Understanding Health and Wellness

*health triangle, health continuum, influences on health, risk behaviors, abstinence, lifestyle factors, health education, health literacy

Chapter 2 i Taking Charge of Your Health

*health skills, communication skills, refusal skills, conflict resolution, accessing information, analyzing influences, decision-making process, goal-setting, being a health consumer, advertising, resolving consumer problems, health fraud

Chapter 3 i Achieving Mental and Emotional Health

*characteristics of good M/E health, self-esteem, hierarchy of needs, personal identity, traits of good character, expressing emotions

Chapter 4 i Managing Stress and Coping with Loss

*causes of stress, body's stress response, stress-management techniques, the grieving process, mourning

Chapter 5 i Mental and Emotional Problems

*anxiety & depression, mental disorders, suicide risk factors, suicide prevention, getting help, treatment methods

Chapter 10 i Nutrition for Health

*food influences, nutrients, MyPlate.gov, healthy guidelines, reading food labels

Chapter 11 i Managing Weight and Eating Behaviors (only BMI and eating disorders)

* body mass index, maintaining a healthy weight, eating disorders, body image

Health Final Exam Study Guide Answers

Elliot Spencer



Health Final Exam Study Guide Answers:

Whispering the Strategies of Language: An Mental Quest through **Health Final Exam Study Guide Answers**

In a digitally-driven world wherever screens reign supreme and quick transmission drowns out the subtleties of language, the profound techniques and psychological subtleties concealed within words frequently go unheard. However, nestled within the pages of **Health Final Exam Study Guide Answers** a fascinating fictional treasure pulsating with natural thoughts, lies an exceptional quest waiting to be undertaken. Composed by a skilled wordsmith, this marvelous opus invites visitors on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the very fabric of each word. Within the emotional depths with this poignant evaluation, we can embark upon a honest exploration of the book is key subjects, dissect its captivating publishing type, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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