
Health & Wellness Final Exam Questions with Correct Answers

What are definitions of health? - ANSWER-1. State of being healthy, happy and prosperous

2. A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

What are definitions of quality of life? - ANSWER-the individuals' perceptions of their position in life in the context of the cultural and value systems in which they live and in relation to their goals, expectations, standards and concerns

* world health organizations

What is the most common measurement of QOL? What are its subscores? - ANSWER-SF-36

1. Limitations in physical activity because of health problems

2. Limitations in social activity because of physical or emotional problems

3. Limitations in usual role activities because of physical health problems

4. Bodily pain

5. General mental health (psychological stress and well-being)

6. Limitations in usual role activities because of emotional problems

7. Vitality (energy and fatigue)

8. General health perceptions

What are definitions of wellness? - ANSWER-1. Wellness is an active process of becoming aware of and making choices toward a more successful existence

2. An active, lifelong process of becoming aware of choices, making decisions toward balanced, fulfilling life

3. Not synonymous with health, a more comprehensive construct

What are the dimensions of wellness? - ANSWER-1. Physical

2. Emotional

3. Occupational

4. Spiritual

5. Social

6. Intellectual

*Wellness emerges out of many interacting elements. They are independent yet inter-related. If one of these is disrupted, others are also disrupted and require adaptations

What is the definition of physical wellness? - ANSWER-1. Regular physical activity and optimal nutrition to effectively meet daily demands

2. Better to consume foods that enhance rather than impair good health (tenets)

3. Better to be fit than out of shape (tenets)

Health And Wellness For Life Chapter Answers

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