

Freshman Health Final Exam Study Guide

Your final exam will be worth 100 points. The test will consist of matching, T/F, multiple choice, and short answer questions. Everything you need to know for this exam is on this study guide so use it wisely!

Chapter 1: Healthy Choices and Behaviors

Define Wellness: **Maximum well-being, top range of health states**

Define Chronological Age: **Age measured in years from birth**

Define Physiological Age: **Age measured by the body's health and life expectancy**

Can you change your physiological age? **YES**

Define Centenarians: **People who live 100 years**

Define Heredity: **Develop certain diseases due to family history**

List three ways you can reduce your risk for developing a lifestyle disease. **1. Exercise, 2. Avoid tobacco, 3. Healthy diet**

When making behavior changes what things are necessary to be successful? **Motivation and Drive**

Chapter 2: Emotional Health

Define Values: **A person's set of rules for behavior, wrong vs. right**

Define Emotional Intelligence: **Recognize and appropriately express one's emotions**

Define Thoughts: **Mental processes of which a person is conscious**

Define Mentor: **Wise person who gives assistance and advice**

Define Mediator: **Neutral 3rd person who helps two people in conflict**

Define Conceited: **Person who has falsely high opinions of themselves**

Why do emotionally healthy people still need help with their problems? **Friends and support, Help them to stand on their own two feet**

What is the most important relationship you can have in your life? **The one with yourself**

If you think **positive** thoughts you will act in **positive** ways.

If you think **negative** thoughts you will act in **negative** ways.

Where do we learn our first values? **Parents**

Freshman Health Crt Study Guide Answers

Michael Rajnik



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