

# 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

**Claude Russell Sweeney**



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