

Human Physiology 110- Unit 1 Wellness Exam Review

1. List three things that can cause you to have poor wellness
 - not exercising
 - not eating healthy
 - smoking, or other substance abuse (alcohol, drugs)

2. List three things you can do to improve your wellness
 - Eat healthier
 - Exercise Daily
 - Stop smoking , reduce alcohol consumption

3. What points lie at each end of the wellness continuum?
Premature death, optimum health

4. List 4 factors that can cause premature death.
 - Low energy level
 - Frequent illness
 - stress
 - poor social relationships
 - poor eating habits, poor exercise habits

5. List the 3 components of wellness.
 - Physical Health
 - Mental Health
 - Social Health

6. List each of the 7 dimensions of wellness and give an example of each.

Dimension of Wellness	Example
Physical	Eating healthy, exercising, avoiding smoking and alcohol, wearing a seat belt etc
Intellectual	Reading a book, crossword puzzles, watching the news, suduko, studying etc
Emotional	Maintaining relationships, feeling good about yourself, showering and getting dressed etc
Social	Community involvement, having close friends and family, obeying laws, help others etc
Spiritual	Yoga, meditation, prayer, having values and beliefs, being able to deal with feelings etc
Environmental	Conserving energy, recycling, not littering etc
Occupational	Happy with your job, happy with work/life balance

7. What are the three stages we go through when responding to stress?
 - Alarm Reaction (fight or flight)
 - Resistance Stage
 - Exhaustion Stage

8. What are some ways we can cope with stress? (Give at least 3 techniques)

- Going for a walk or doing something physical like dancing, biking, the gym etc
- Meditation or Yoga to quiet the mind
- Reducing the amount of caffeine you drink, limit the amount of sugar, alcohol you consume etc
- Laughing
- Breathing exercises
- Writing in a journal noticing the things that made you happy, or smile

9. How much sleep should someone your age be getting?

Between 8 and 10 hours

10. What are some things you can do to make sure you get enough sleep? (List at least 3)

- Set and stick to a schedule of going to sleep at the same time each night
- Exercise regularly
- Develop a bedtime routine (reading a book before bed, taking a bath, listening to quiet music)
avoid alcohol at night, sleep at night do not take naps

11. What is recommended in terms of physical activity for students your age?

60 minutes of activity everyday

12. What is the difference between moderate and vigorous intensity activities?

Moderate intensity activities makes you breath harder and your heart beat faster. You should be able to talk, but not sing.

Vigorous intensity activities your heart rate increases even more and you are not able to say more than a few words without taking a breath

13. List 5 benefits of regular activity.

- Better sleep
- Improved fitness
- Better balance
- Weight control
- Building muscles and bones

Feeling more energetic

Relaxation and reduced stress

Improved self esteem

14. List 4 health risks of not getting enough regular activity.

- Premature death
- Heart disease
- obesity
- stroke
- adult onset diabetes
- colon cancer
- High blood pressure

15. What are the 6 major problems with our eating habits?

- Too few fruits and vegetables
- Too much saturated fat
- Too many added sugars
- Too much sodium
- Too much food overall
- Too little fiber

16. How many servings from each of the following should you include in your daily diet and give an example of a serving for each.

	Servings/day	Example of a serving
Fruits and Vegetables	7-8	1 apple, 1 banana, ½ cup of 100% fruit juice, ½ cup fresh or frozen vegetables
Fiber		Bran cereal, fruits, popcorn, pasta, brown rice etc
Sugar	6 tsp for a women, 9tsp for a man	1 tsp is a single serving
Sodium	2300 mg/day	

17. What 6 major nutrients does your body need for fuel?

- carbohydrates
- proteins
- fats
- vitamins
- minerals
- water

18. What is the difference between a simple carbohydrate and a complex carbohydrate?

Complex carbohydrates take longer to break down than simple carbohydrates so you will feel full longer

19. Classify each of the following as simple or complex carbohydrates:

Lactose S
Fiber C

Starch C
Sucrose S

Glucose S
monosaccharides S

20. List 3 sources of protein in your diet.

- Meat
- Fish
- Chicken
- Milk, beans, pasta, rice

21. Give an example of 2 fat soluble and 2 water soluble vitamins.

Fat Soluble

1. Vitamins A,D,E and K

Water Soluble

1. Vitamin C and the B vitamins

22. Give one example of a macromineral and one example of a trace mineral.

Macrominerals = calcium, phosphorous, magnesium, potassium, sodium

Trace Minerals = iron, zinc, copper, iodine, fluoride, selenium

23. How much water is recommended in a day?

8 glasses

24.

- a. 2 tablespoons
- b. 48g
- c. The saturated fat does not equal the trans fat because those are the only two kinds of fat they need to include on the label they do not break down the other types of fat that are in the product.
- d.
 - i. $16g \times 9\text{cal/g} = 144/190 = 76\%$
 - ii. $6g \times 4\text{cal/g} = 24/190 = 13\%$
 - iii. $7g \times 4\text{cal/g} = 28/190 = 15\%$

