**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 Behavior**

Define Wellness:

Define Chronological Age:

Define Physiological Age:

Can you change your physiological age?

Define Centenarians:

Define Heredity:

List three ways you can reduce your risk for developing a lifestyle disease.

When making behavior changes what things are necessary to be successful?

**Chapter 2: Emotional Health**

Define Values:

Define Emotional Intelligence:

Define Thoughts:

Define Mentor:

Define Mediator:

Define Conceited:

Why do emotionally healthy people still need help with their problems?

What is the most important relationship you can have in your life?

If you think \_\_\_\_\_\_\_\_\_\_\_\_\_ thoughts you will act in \_\_\_\_\_\_\_\_\_\_\_\_\_\_ways.

If you think \_\_\_\_\_\_\_\_\_\_\_\_\_ thoughts you will act in \_\_\_\_\_\_\_\_\_\_\_\_\_\_ways.

Where do we learn our first values?

What is the difference between being aggressive and being assertive?

List the 6 steps to the Decision-Making Process.

**Chapter 3: Your Changing Personality**

Define Personality:

Define Self-Esteem:

What are negative peer groups? What are some examples of negative peer groups?

List Erickson’s eight stages of life.

List Maslow’s Hierarchy of Needs.

Which of Maslow’s stages is the highest stage of development?

**Chapter 4: Stress and Stress Management**

Define Acute Stress:

Define Chronic Stress:

Define Coping Devices:

Can you change the way you react to stress? If so, how?

Do the same events cause stress for everyone? Why or why not?

How can you manage your time wisely?

What are some of the symptoms of stress?

Identify and explain the three phases of the body’s stress response.

**Chapter 5: Mental and Emotional Problems**

Define Mental Illness:

Define Anxiety:

Define Depression:

Define Schizophrenia:

Define Bipolar Disorder:

Are sadness and depression the same thing? Why or why not?

What are some of the warning signs of mental illness?

When you are angry, what strategies are suggested to be helpful in “cooling off?”

**Chapter 7: Nutrition**

Define Calorie:

Define Nutrients:

Define Undernutrition:

What do vitamins release?

What are the two classifications of vitamins?

How does fat provide energy?

How does fat support our body?

How many calories are in a gram of carbohydrates? Proteins? Fats?

What diseases are linked to a high fat diet?

Explain the difference between saturated fat and unsaturated fat?

**Chapter 12: Drug Use and Abuse**

Define Drug Use:

Define Drug Misuse:

Define Drug Abuse:

Define Stimulant:

Define Endorphins:

Define Euphoria:

Does marijuana have a medical use? If so, what for?

How is cocaine taken?

What is withdrawal?

What is the main chemical in marijuana?

What is the addictive ingredient in tobacco?

**Chapter 13: Alcohol Use and Abuse**

Define Formaldehyde:

Define Alcoholism:

Define Hangover:

How do you cure a hangover?

What are the standard drink amounts?

What does BAC stand for?

What is considered the legal BAC amount?

List four ways you can get home safe and sober.

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Define Abstinence:

Define Heterosexual:

Define Homosexual:

What is the safest and most effective form of birth control?