

### Credit Flex Health Exam Study Guide

1. Identify the 2 body systems involved in the stress response.
2. Identify one positive and one negative way that stress affects your performance.
3. What is a psychosomatic response? Give an example.
4. What is a stressor?
5. Explain perception.
6. Identify 4 strategies to avoid or limit stress.
7. Identify 3 relaxation techniques.
8. Define the word coping.
9. List 3 examples of a chronic event.
10. Identify the 5 stages of grief.
11. Name 5 warning signs of suicide.
12. Identify 3 kinds of relationships.
13. What are the 3 C's of healthy relationships?
14. What are stereotypes?
15. List 3 reasons teens bully others.
16. What are the 3 main styles of Communication?
17. Define the term body language.
18. Define the word peer.
19. List 2 problems that may affect friendships.
20. Identify 4 traits of healthy friendships.
21. What is peer pressure?
22. How is intimacy different from infatuation?
23. Identify ways of resisting persuasive tactics regarding sexual involvement.
24. What are the benefits of practicing abstinence?
25. What is abstinence?
26. What is outercourse?
27. Name 4 types of birth control.
28. Name 3 ways to practice safe sex.
29. What is an STD?
30. Where can you get tested for STDs?
31. How might adapting your behavior help prevent conflicts?
32. What is the difference between hunger and appetite?
33. What is a caloric?
34. Define nutrition.
35. Which nutrients can your body use as a source of energy?
36. Explain how saturated fats and trans fats may cause illnesses later in life, like heart disease.
37. What are the 5 basic food groups?
38. Provide 2 examples of nutrient dense foods.
39. What is the difference between a sell by date and a use by date?
40. What does the term light mean when used on a food label?
41. What is metabolism?
42. List 3 health problems with being overweight.

43. Explain how exercise that builds muscle can promote the loss of body fat.
44. List 2 factors that influence body image.
45. Define fad diets.
46. List 3 types of eating disorders.
47. What are dietary supplements?
48. Why should teen athletes avoid performance enhancers?
49. Name 3 body systems that benefit from regular physical activity.
50. Identify 2 types of diseases associated with a sedentary lifestyle.
51. What are 5 elements of fitness?
52. What kind of exercise would you do to improve your cardiorespiratory endurance?
53. What are 4 principles of building fitness?
54. What are the benefits of warming up before exercise and cooling down after?
55. Name 3 symptoms of heat exhaustion.
56. How should frostbite be treated? What can you do to prevent frostbite?
57. How do you care for your hair, nails, and skin?
58. How do you care for your eyes and ears?
59. List 5 facts about our bones and skeletal system.
60. List 5 facts about our muscular system.
61. List 5 facts about our nervous system.
62. List 5 facts about the male reproductive system.
63. List 5 facts about the female reproductive system.
64. Name 2 health careers. Explain what they do.
65. List 3 stages of adulthood.
66. What is fertilization?
67. Describe an embryo and fetus.
68. What are chromosomes?
69. What are genes?
70. Identify the difference between chromosomes and genes.
71. What does self-directed mean?
72. What is the medicine misuse and how does it differ from medicine abuse?
73. Explain 4 ways how using tobacco immediately affects your body.
74. List 3 toxic substances found in cigarette smoke.
75. List 4 ways alcohol affects your body/overall health.
76. What is an overdose?
77. How does drug abuse affect your health?
78. How does drug abuse affect society?
79. What are 3 healthy alternatives to using drugs?
80. Define the word health.
81. What are the 3 sides of the health triangle?
82. List 3 ways your health can be influenced.
83. What are risk behaviors?
84. What is advocacy?
85. What does assertive mean?
86. What are long-term goals?
87. What are short-term goals?
88. Explain the steps in the decision making process.
89. Define the term self-esteem?
90. What are the 5 levels on the hierarchy of needs?

