

FRESHMAN HEALTH CRT STUDY GUIDE

UNIT 1 PACKET – INTRODUCTION TO HEALTH

1. How can a person maintain quality of life? (pg. 2)
 - a. Healthy nutritional habits to maintain healthy body weight
 - b. Regular physical activity and adequate sleep
 - c. Avoidance of alcohol, tobacco and other drug abuse
 - d. All the above are ways a person can maintain a quality of life
2. Your body must be well nourished in order to achieve _____.(pg. 4)
 - a. Illness
 - b. Wellness
 - c. Success
 - d. failure
3. _____ can strengthen the body's resistance to bacteria and viruses.
 - a. Diet and exercise
 - b. Hand sanitizer
 - c. Pigging out on junk food
 - d. Not taking care of yourself
4. Self-esteem _____ between childhood and adolescents.(pg. 38)
 - a. Increases
 - b. Decreases
 - c. Stays the same
 - d. Doesn't affect individuals
5. Which of the following are components of health? (pg. 3)
 - a. Physical health
 - b. Mental health
 - c. Social health
 - d. All are components of health
6. Bulimia is characterized by _____ and _____.(pg. 92)
 - a. Binging only
 - b. Purging only
 - c. Binging and purging
 - d. Fasting
7. A person who starves themselves is suffering from _____. (pg. 90)
 - a. Bulimia
 - b. Anorexia
 - c. Binge eating
 - d. None of the above
8. Your behaviors, attitudes and feelings define your _____.(pg. 30)
 - a. Personality
 - b. Body image
 - c. Body fat
 - d. Fitness level
9. What should you do if a friend is thinking about or has threatened suicide? (pg. 98)
 - a. Tell someone
 - b. Listen to what they are saying, do not take it as a joke
 - c. Trust your feelings
 - d. All of the above are things you should do if you have a friend that has threatened suicide
10. People that are comfortable with themselves and others are considered to be: (pg. 3)
 - a. Mentally healthy
 - b. Mentally unstable
 - c. Socially unstable
 - d. depressed
11. Which of the following is NOT an effective way to deal with stress? (pg. 71-73)
 - a. Find a quiet place to relax and reflect
 - b. Talk about it with a friend
 - c. Take out your stress on a friend by yelling at them
 - d. Find a healthy way to relieve your stress by exercising, reading, or shopping
12. Feeling sad or hopeless for months is defined as _____. (pg. 94)
 - a. Clinical depression
 - b. Enthusiasm
 - c. Bad mood
 - d. Wellness

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Resources in Education ,1997-04 **Ebony** ,2002-09 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Outsmart Your Brain** Daniel T. Willingham,2023-01-24 Written by a

cognitive psychologist who has spent decades studying how we learn OUTSMART YOUR BRAIN is the definitive guide to help students master the skills of understanding material and retaining information In clear accessible prose Dan Willingham lays out the techniques necessary for students at any stage to succeed and thrive when learning studying and taking exams When studying the tendency is to focus on the mental tasks that we control most easily and which create a sense of familiarity like rereading and highlighting But as explained in OUTSMART YOUR BRAIN familiarity is not the same thing as retention or comprehension Real learning comes from practices we may not be as likely to implement like self testing Each chapter in the book is devoted to one process that contributes to learning but which such as avoiding procrastination or understanding what you re trying to learn The book offer an analysis of what makes it difficult and then offers specific strategies which work Each chapter ends with a For Teachers and Trainers section OUTSMART YOUR BRAIN is grounded in scientific findings but devoted to practical advice which make a difference to student test scores and grades Giving readers peek under the hood at their own brains will help them understand which learning strategies work and why

Guide to American Graduate Schools ,1982 , Positive Psychology in SLA Peter D. MacIntyre,Tammy Gregersen,Sarah Mercer,2016-04-20 Positive psychology is the scientific study of how human beings prosper and thrive This is the first book in SLA dedicated to theories in positive psychology and their implications for language teaching learning and communication Chapters examine the characteristics of individuals contexts and relationships that facilitate learning positive emotional states such as love enjoyment and flow and character traits such as empathy hardiness and perseverance The contributors present several innovative teaching ideas to bring out these characteristics among learners The collection thus blends new teaching techniques with cutting edge theory and empirical research undertaken using qualitative quantitative and mixed methods approaches It will be of interest to SLA researchers graduate students trainee and experienced teachers who wish to learn more about language learning psychology individual differences learner characteristics and new classroom practices

Peterson's Guide to Graduate Programs in the Humanities, Arts, and Social Science Peterson's Guides, Inc,1992

Research in Education ,1974 **Tech Prep Associate Degree** ,1991 **Student Handbook** Stephen

Armstrong,Pamela K. Lamb,Mark Anestis,William Ma,Barbara L. Murphy,2000 The Student Handbook is designed to provide students with ready access to information with problem solving techniques and study skill guides that enable them to utilize the information in the most efficient manner Amazon com The New Science of Learning Todd D. Zakrajsek,2023-07-03

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