

## Introduction to Health and Wellness: Final Exam Review

Name \_\_\_\_\_  
Date \_\_\_\_\_ Hour \_\_\_\_\_

1. Explain inherited traits.
2. What are peers?
3. Explain how values can affect our behaviors.
4. Identify examples in your physical, social, and cultural environment?
5. What mostly makes up a baby's skeleton?
6. What are the parts of the axial skeleton?
7. What causes body odor?
8. What can cause a hernia?
9. What is osteoarthritis?
10. What does lifting weights do for osteoarthritis?
11. What are voluntary and involuntary muscles?
12. What are the main functions of the cerebellum?
13. What are the main functions of the cerebrum?
14. How do the sympathetic and parasympathetic nervous systems relate to each other?
15. What might a brain contusion cause?
16. What endocrine gland controls the other endocrine glands?
17. Where are the adrenal glands located?
18. What does insulin do to blood sugar levels?
19. How do hormones travel to different parts of the body?
20. What is circumcision?
21. Define fertilization.
22. What age group is at greatest risk for testicular cancer?
23. What are cilia?
24. How often does ovulation occur?
25. What happens to the endometrium during a woman's period?
26. What usually causes PID?
27. What effect does food in the stomach have on alcohol absorption?
28. Is alcohol a depressant or stimulant?
29. What is the Law of Equivalency?
30. What is the purpose of a Pap test?
31. What does asymptomatic mean?
32. What is the job of the FDA?
33. What being an outpatient mean?

# Wellness Final Exam Review

**Mark Steyvers**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

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