

HEALTH AND WELLNESS

FINAL EXAM

STUDY GUIDE

LIFESTYLE CHOICES IMPACT ON WELLNESS
TEN LEADING CAUSES OF DEATH IN ORDER
LOCUS OF CONTROL (TYPES OF CONTROL AND EXAMPLES)
BODY COMPOSITION (WHAT IS IT AND GIVE A DESCRIPTION OF SOMEONE HEALTHY)
PROGRESSIVE OVERLOAD
FREQUENCY, INTENSITY, DURATION AND TYPE (MODE OF ACTIVITIES)
RECOMMENDATION FOR CARDIORESPIRATORY ENDURANCE
RECOMMENDATION FOR MUSCULAR STRENGTH AND MUSCULAR ENDURANCE
RECOMMENDATION FOR FLEXIBILITY
BODY COMPOSITIONS RECOMMENDATION FOR MEN AND WOMEN
CALORIE CONTENTS CARBOHYDRATES, FATS, PROTEINS AND ALCOHOL
OMEGA-3 FATTY ACIDS
PERCENTAGE OF AMERICANS OVERWEIGHT
CROSS TRAINING
INTERVAL TRAINING
STRESS HORMONES FOR FIGHT OR FLIGHT
EUSTRESS VS DISTRESS
THE SPREAD OF CANCER CELLS FROM ONE SITE TO ANOTHER
LEADING BEHAVIORAL CAUSE OF ILL-HEALTH
HEALTH RELATED FITNESS COMPONENTS
LACTIC ACID RESULTS IN WHAT
RECOMMENDATION FOR PROPER HYDRATION
HOW CAN WE REDUCE FAT INTAKE (WHAT ARE TRANS FATTY ACIDS)
SEXUALLY TRANSMITTED DISEASES
PSYCHOACTIVE DRUGS
NEEDING MORE DRUGS FOR THE SAME EFFECT
FOOD PYRAMID RECOMMENDED SERVING PER LEVEL
BLOOD PRESSURE (SYSTOLIC/DIASTOLIC)
FLEXIBILITY (STRETCH RECEPTORS)
WHEN SHOULD YOU STRETCH