

Sophomore Health Final Exam Study Guide

Unit 1: A Healthy Foundation Word Bank (Make Healthy Choices)

Lifestyle	Heart Attack	Spiritual	Mental	Choices
Stroke	Physical	Cancer	Detection	Heart
Social	Heart Disease	Emotional	Type II Diabetes	Obesity

- _____ are factors that can cause **LIFESTYLE** diseases.
- List the **5 Dimensions of Wellness**: (Combination of components that make-up one's Health)

- _____ diseases kill most people in the U.S.
- _____ and _____ are the top killers of adults in the U.S.
- Early _____ increases the chances for curing cancer.
- _____ is an insulin-related lifestyle disease.
- _____ can lead to/cause cancer, diabetes, and heart disease.
- High blood pressure (hypertension) is associated with _____ disease.
- A _____ occurs when the blood flow to the heart is cut off.
It is NOT always fatal!!
- A _____ occurs when the blood flow to the brain is cut off.

Unit 2: Mental and Emotional Health Word Bank (Think Positive)

Values	Emotions	Talk About It	Improve
Individual Identity	Cry	Deep Breathing	Assertive
Self-Acceptance	Self-Esteem	Food	Self-Image
Shelter	Goal Setting	Change	Women
Positive Ways	Family	Clothing	Values
Self-Actualization	Depression	Men	Phobia
Exercise	Physical Activity	Visualization	Depression
Responsible Adult	Eustress	Stress Response	Increased
Fight or Flight	Positive Thoughts	Post-Traumatic	Self-Confidence
Progressive Muscle Relaxation		Write It Down	

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11. If you think constructive, _____, you will act in a constructive, _____.
12. _____ are a person's set of rules for behavior; what a person thinks of as right or wrong or sees as important. These often _____ over the course of a person's life.
13. People who know themselves are keenly aware of their own _____.
14. All _____ are acceptable.
15. Helping others can _____ self-esteem.
16. _____ - _____ is NOT the same thing as being conceited.
17. Typically _____ hide their emotions while _____ show their emotions.
18. How you see yourself is your _____ - _____.
19. The highest stage of development according to Maslow is _____ - _____.
20. The most important aspect of self-esteem is _____ - _____. ☺
21. According to **Erickson** the main task of the **teen** years in terms of emotional development is to develop an _____.
22. According to **MASLOW**, the most basic needs are those for: _____, _____, and _____.
23. Being able to handle set backs without a loss of _____ - _____ is an indicator of mental and emotional wellness.
24. What are some positive ways to deal with a negative emotion:

25. Values are taught to you by your _____, spiritual beliefs, and/or social groups.
26. _____ can be useful when trying to make changes in your life.
27. _____ communication allows a person to express themselves effectively and stand up for their viewpoint while also respecting the rights and beliefs of others.
28. Positive healthy forms of stress are known as: _____
29. _____ is an example of positive stress you can place on your body and a great way to deal with stress (stress management)!
30. _____ can lift a person's mood or attitude.
31. Relaxation techniques include what: _____, _____ and _____.
32. Perceptions greatly influence the degree of the _____.

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33. An emotional consequence of stress is: _____.
34. The stress response is often called the _____ response.
35. _____ heart rate is a physical sign of stress.
36. An irrational fear of something is a _____.
37. If you have a friend that is suicidal, who should you tell? Tell a _____!
38. A reaction to stress after the event is over is called: _____ - _____ stress disorder.
39. What is the most common mental condition? _____.

Unit 3: Body Systems Word Bank (So Many Systems)

Brain	Immune	Hormone	Digestive
Skeletal	Cardiovascular	Urinary/Excretory	Respiratory

40. The system responsible for the breakdown and absorption of nutrients is the: _____.
41. The system responsible for protecting inner organs is the: _____.
42. The most important organ in the nervous system is the _____.
43. The system responsible for filtering waste and fluid from the blood is the _____.
44. The system responsible for oxygenating the blood is the _____.
45. The system responsible for fighting off infections is the _____.
46. This system's main function is to transport fluids throughout the body: _____.
47. The purpose of a _____ is to send messages through chemical messages: which regulates the body's functions.

Unit 4: Nutrition Word Bank (Avoid Fake Food – Get Fed Up!!)

Fat	Zero	Water	Calories	Protein
Bulimia	Can of Pop	Glucose	Minerals	Saturated
Carbohydrates	Fat	Vitamin	Water	Digested
Anorexia Nervosa		Fad Diets		

48. Carbohydrates supply _____, which is one of the body's main useable fuel sources.
49. An example of an empty calorie is a _____.
50. The eating disorder characterized by bingeing and purging is called: _____.

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51. Fiber cannot be _____ and has _____ calories.
52. The energy provided by food is measured in units of mass called _____.
53. List the six nutrients: _____

54. Foods high in _____ fat raise cholesterol levels.
55. _____ is the **most important nutrient** in the body.
56. This nutrient has the MOST calories per gram: _____.
57. _____ is an eating disorder, where the individual will practice self-starvation to the extreme; an unhealthy way to lose weight.
58. _____ are a weight loss plan that promises dramatic results in a short period of time.

Unit 5: Drugs Word Bank (Say “NO” to Drugs!!)

Stimulant	Pleasure	Admitting	Tolerance
Over The Counter	Hereditary	Enabling	Respiratory
Deal with Life’s Problems	0.8	Want to Fit In	Alcohol
Tolerance	Hallucinogens	Prescription	Withdrawal
Nicotine	Alcohol		

59. Tobacco products contain an addictive drug called _____.
60. The first step in overcoming a drug problem is _____ you have one.
61. A _____ is a drug that increases the activity of the Central Nervous System.
62. Drugs that a person can get without a prescription are called _____.
63. Drugs that a person can get with a doctor’s script are called _____.
64. The liver can only filter _____ in small amounts. (1 Standard Beverage per Hour)
65. When you need increasing amounts of a substance to get the same desired effect, this is called:
 _____.
66. Drug _____ varies from person to person.
67. Addictions can be _____.
68. _____ is misguided “helping”; they assist a person in a negative way.
69. Euphoria means _____. (The High is a Euphoric Feeling)

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70. _____ cause false perceptions such as imagined sights, sounds, smells or other feelings, brought on by drug use.
71. The most abused drug in the United States _____.
72. Smoking has the most adverse effect on the _____ system.
73. The legal blood alcohol content for someone who is 21 is _____.
74. _____ are painful symptoms that a person experiences when the drug leaves their body.
75. Two reasons start to drink:

Unit 6: Diseases and The Chain of Infection (Cough/Sneeze in Your Sleeve)

Chain of Infection	Syphilis	Bacterial	Teens
Reservoir	Wash your Hands	Genital Herpes	Unprotected Sex
Gonorrhea	Germ	Warts	

76. The progression of a communicable disease is called: _____
77. The pathogen is called the _____.
78. Where the pathogen lives is in a _____.
79. The best way to break the chain of infection is to _____.
80. Antibiotics can cure _____ infections.
81. _____ and _____ are bacterial STI's
82. _____ and _____ are viral STD's.
83. A person can get the AIDS virus from _____.
84. _____ have the highest rates of STD's and HIV/AIDS cases.

Unit 7: Healthy Relationships (Recognize Signs of Abuse)

Ovulation	Condoms	Once	Contraceptives
Sperm	Fetal Alcohol	Attraction	Ova
Ovaries	Abstinence	Isolating	One

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85. Another name for birth control is _____.
86. The only form of birth control that is 100% effective is: _____.
87. Using _____ with spermicide would be the most effective way to prevent pregnancy AND STD's.
88. You only have to have sex _____ for pregnancy to occur.
89. _____ has to take place in a woman's body in order for fertilization to take place.
90. The female cell of reproduction are called: _____
91. The male cell of reproduction are called: _____
92. The female sex organ that is the storage place for the ovum (eggs) are called: _____
93. A mother's drinking causes _____ syndrome.
94. In a monogamous relationship, a person is involved with _____ partner only.
95. Infatuation can be compared to _____ or lust.
96. _____ a partner from family and friends is a characteristic of an unhealthy relationship.

Unit 8: Environment

97. What are the three "R"s? **REDUCE, REUSES, RECYCLE**
98. **REDUCING** what you use has the most positive impact on the environment.
99. Turning the lights off when not in use is an example of how you can **POSITIVELY** impact the environment.
100. The person who has the biggest impact on the environment is **YOURSELF!!**
101. **POLLUTION** is the contamination of the environment with anything that impairs its ability to support life.