

MHE-110 Final Exam Study Guide

Final exam is closed note and closed book and will be given

Tues, 10 December from 7:30am-4:00pm in Sierra 132

allow 2 hours, and you may come at any time

- ✓ You may use two 8.5" x 11" **HAND WRITTEN** 'cheat sheets' during the exam, double sided if you wish
- ✓ You will turn these sheets in with the exam
- ✓ You will not need a scantron sheet; I will supply the exam
- ✓ You are encouraged to write in erasable pen or pencil
- ✓ You will need a calculator (I will have extras) **YOU MAY NOT USE YOUR PHONE!**
- ✓ The final exam is 20% (200 pts.) of your final grade
- ✓ Final course grades will be posted on the [piratesnet](#) by Tuesday, 17 December

1. Name and describe the six (6) components of a healthful life
2. Name four (4) of the several 'key' behaviors that will help you live longer
3. Be able to list five (5) behavior change techniques
4. List the five (5) steps of the S.M.A.R.T. model of goal setting
5. Be able to diagram the 'challenge resolution' cycle
6. List three (3) components to developing and maintaining your self esteem
7. List five (5) strategies to enable you having a good night's sleep
8. List the three (3) phases of the G.A.S.
9. List six (6) things you can do to manage your stress
10. List three (3) things you can do to manage technology stress
11. List five (5) ways to better manage your time
12. Be able to calculate your BMI, and show your work on the exam
13. Be able to list three (3) lifestyle changes can you make to keep a better ideal body weight
14. Be able to list three (3) reasons why it is so important to eat breakfast
15. Know the textbook definition of calorie
16. Know how many calories are in 1 lb. (*one-pound*) of fat
17. Be able to list three considerations for effectively eating on the run
18. Be able to calculate your target heart rate, and show the math on the exam
19. Be able to list three (3) considerations for better food preparation safety
20. Be able to define R.I.C.E.
21. Be able to detail an ideal one hour workout, listing and detailing each component
22. Know what is the single word that is most important factor in the improvement of our physical fitness
23. Be able to list three (3) ways you can better protect yourself from becoming seriously ill
24. Be able to list four (4) reasons when you should not self-medicate a medical concern, but seek help from a doctor, urgent or emergency care
25. Be able to list three (3) types of common CAM practices
26. Be able to name three (3) strategies to maintain or obtain health insurance for yourself
27. Know what the largest contributor of saturated fat is in our diet
28. Be able to provide the textbook definition of stress
29. Be able to list five societal causes of violence in our society
30. List and describe the three phases of the cycle of violence of domestic abuse
31. List three ways of preventing personal assaults on the street or at home
32. Be able to list three ground rules for arguing
33. List four common experiences/components of love, or being in love

34. From the handouts and lecture notes 'Sexual Exposure Chart', know the number of people you would be exposed to if you have had five (5) sexual partners
35. Know the textbook definition of addiction
36. List five characteristics of an addictive behavior
37. List five warning signs of alcoholism
38. Know how many days of impaired school work results from one night of binge drinking
39. List five reasons that you should not drink sodas
40. List three cancers that you can get from smoking or chewing tobacco products
41. List five important characteristics of healthy eating
42. Know how many years of life expectancy your life could be reduced if you are chronically 30 lbs. (*thirty-pounds*) over weight
43. Briefly describe what protein, fat, and carbohydrates all do for your metabolism
44. Be able to list the A-B-C-D's of skin cancer detection
45. List five of the warning signs of stroke
46. List five ways of reducing your chances for CVD
47. Be able to list five warning signs of a heart attack
48. List five factors that we can control in contracting cancer
49. List five warning signs of Type 2 diabetes
50. Be able to list two methods to reduce your chances of contracting Type 2 diabetes
51. Be able to list five (5) strategies to moderate or avoid lower back pain
52. List three theories on why we age, and why our bodies wear out
53. List five typical physical changes that come from aging
54. Describe Kübler-Ross's five stages of terminally ill patients dealing the realization that they are dying
55. List five suggestions for you to cope with the death of a family member or a close friend
56. List five of the most important ways we can personally help minimize environmental pollution
57. Be able to list what are two major contributors to indoor air pollution
58. Know two methods to better protect yourself from pathogens overcoming your body's defense mechanism
59. Be able to list two ways pathogens can enter our bodies
60. Know two determinants of our body weight
61. Know what age Dr. Shrock (*and many studies*) suggest we wait until to get married
62. Know two causes of infertility in men or women
63. Know what the legal B.A.C. is in California for those under the age of 21 years
64. Know what is our most important piece of exercise equipment
65. Know what is the definition of 'fracking'
66. Know what percentage of diseases are the result of poor life choices
67. Be able to list one component of the Affordable Healthcare act that relates to young adults and health coverage
68. Know the number of years living in the San Joaquin Valley will shorten your life by because of outdoor air pollution
70. Know what are the two best preventatives to avoid contracting STD's and STI's

