Final Exam Review

1. What are lifestyle factors? (1-1)

2. List the 3 parts to the health triangle. (1-2)

3. Choosing not to use alcohol is called ___________________. (1-3)

4. The percent of calories that should come daily from _________________ is 55-60 percent. (5-2)

5. Maslow created a hierarchy of _________________. (7-1)

6. Define self-esteem. (7-2)

7. What is physical fatigue? (8-1)
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8. A prolonged feeling of helplessness, hopelessness, and sadness is called _________________. (8-3)

9. When 2 parties who are involved in a conflict engage the help of a neutral third party, it is an example of ________________. (10-3)

10. ______________ conflict always involves more than one person. (10-3)

11. What is negotiation? (10-3)

12. The bones in the wrist and ankles are ______________ bones. (15-1)

13. A tearing of the muscle fibers is muscle ______________. (15-3)

14. List the two parts of the Central Nervous System? (15-4)

15. “Fight or flight” response is part of the ______________ Nervous System. (15-4)

16. The largest artery in the body is the ______________. (16-1)

17. Vessels that carry blood away from the heart are ______________. (16-1)

18. Hemoglobin is a part of the blood that carries ______________. (16-1)

19. Another name for your windpipe is called your ______________. (16-3)
20. What is absorption in the digestive system? (17-1)

21. Food that moves through your digestive tract by involuntary digestive tract by involuntary contractions is called _______________. (17-1)

22. The tubes that connect the kidneys with the bladder are called _______________. (17-3)

23. An infection of the bladder is called _______________. (17-3)

24. Starches and sugars are found in what nutrient? (5-2)

25. Fiber helps your body move __________ through the digestive tract. (5-2)

26. How many calories per gram do carbohydrates supply? (5-2)

27. Another name for yo-yo dieting or losing and gaining weight repeatedly is weight _______________. (6-2)

28. What is an enlargement of the thyroid gland? (18-1)

29. List the two main biological functions of the male reproduction system. (18-2)

30. The first sign of testicular cancer is usually an enlargement of one of the _______________. (18-2)

31. Fertilization of the ovum occurs in the ________________ _________. (18-2)

32. A colorless, odorless, poisonous gas in cigarettes is called ________________ _________________. (21-1)
33. A thick, sticky, dark fluid produced when tobacco burns is called _________________. (21-1)

34. Thickened, white spots inside the mouth that can develop into cancer are called _________________. (21-1)

35. Nicotine nasal spray is a form of a nicotine _________________. (21-2)

36. The smoke that a smoker blows off is called _________________. (21-3)

37. Does alcohol increase or decrease the risk of dating violence? (22-1)

38. The first stage of ________________ is characterized by rationalization of drinking behavior. (22-3)

39. Fetal alcohol syndrome is the leading cause of _________________. (22-3)

40. Cannabis that is smoked, eaten or drunk is called __________. (23-3)

41. List 3 types of depressants. (23-4)

42. Ecstasy is an example of a _________________. (23-4)

43. Amphetamines are an example of the type of drugs called _________________. (23-4)

44. An illegal white powder made from the coca bush is _________________. (23-4)

45. List two side effects of methamphetamines. (23-4)
46. Heroin and codeine are _________________. (23-4)

47. Vomiting and insomnia are examples of __________________ dependence. (23-2)

48. Why are STDs considered an epidemic? (25-1)

49. Why are teens at greater risk for contracting a STD? (25-1)

50. List the high-risk behaviors associated with contracted HIV. (25-3)

51. Sharing needles puts you at risk for contracting ___________. (25-3)

52. The first test performed to screen for HIV antibodies is the ____________. (25-4)