

Name \_\_\_\_\_

## **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)

## Final Exam Review

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 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)