

Must complete. Please keep questions in order and label clearly. Cannot be typed!

Health Final Exam Review

The final exam will be an accumulation of all six units covered in health class. To refresh your memory I have devised a study guide. The following units will be reviewed: Introduction to Health, Mental and Emotional Health, Stress and Suicide Prevention, Nutrition, Tobacco, Alcohol and Other Drugs, Reproductive Health and Nutrition.

1. List the five aspects of health and provide examples of each.
2. What are the main causes of death today?
3. What is the average life expectancy today for males and females?
4. What is heredity? Identify three things that can be inherited.
5. Define a risk.
6. What are values and where do you get the majority of them?
7. List the steps in the decision making model.
8. List three characteristics of a person with positive mental health.
9. Define mental health.
10. Define emotions.
11. Define defense mechanisms.
12. Know the difference between passive, assertive and aggressive.
13. Identify the two main types of personalities people possess and traits associated with each.
14. Identify the five stages of grief.
15. Define stress, stressor, stress management, stress reduction and suicide.
16. Name the two types of stressors.
17. Identify three positive and three negative stress management techniques from your notes.
18. List four physical signs and four emotional signs of stress.
19. What are the two types of stress?
20. What are the three reasons teens turn to suicide?
21. What can you do to help someone that is threatening suicide?
22. List five warning signs of suicide.
23. True or False? Most suicidal people often talk about suicide.
24. What are the six essential nutrients?
25. List three vitamins and three minerals.
26. List the percent daily intake for each of the following: fats, proteins and carbohydrates
27. Name the types of vegetarians and define them.
28. Draw the My Pyramid and label it with the recommended amounts.
29. What are the two types of carbohydrates?
30. How are ingredients listed on a food label?
31. What are the two most common eating disorders?
32. List three symptoms for each type.
33. Identify ways to keep food safe from bacteria.
34. List the short-term and long-term effects of alcohol use.
35. What are the stages of alcoholism?
36. What is the treatment for alcoholism?
37. Define the following terms: sperm, ~~ovulation~~, ~~uterus~~, ~~ovary~~, ~~uterus~~, ~~ovary~~, ~~uterus~~, fetus, ~~ovulation~~, ~~uterus~~, ~~ovary~~, seminal vesicles, cowpers gland, ~~prostate gland~~, ~~ovulation~~, estrogen, ejaculation and puberty.
38. Self exams
39. How long is the average menstrual cycle?
40. When does ovulation normally occur?
41. What are three types of contraceptives?
42. Define abstinence.
43. List three facts about HIV/AIDS.

44. What is the leading cause of death among teenagers today?
45. What are the five aspects of health?
46. What is the number one mental health problem in the United States?
47. Excess fear of a situation, object or person is called what?
48. What chemical is released during the fight or flight response due to stress?
49. What was the average life expectancy in the early 1900's?
50. What is the average life expectancy today?
51. What are the six main nutrients?
52. What nutrient provides the most energy?
53. What eating disorder is characterized by binge and purging?
54. What is the number one abused drug?
55. Which classification of drugs speed up the central nervous system?
56. What are you building when you need to increase the amount of drug to get the desired effect?
57. What is the number one thing to know if someone overdoses?
58. A Motivational syndrome is associated with what drug?
59. What disease of the liver is caused by alcohol?
60. What is it called when a baby is born with defects due to their mother drinking during pregnancy?
61. What is the male sex hormone?
62. Where does fertilization take place?
63. What do AIDS stand for?
64. What are three STD's that have no cure?
65. What is the only contraceptive that REDUCES the risk of STD's?
66. An obese teen will have excess body weight of at least what percent?
67. What are the causes of diabetes among US teens?
68. What are the five stages of grief?