

Name: _____

PHW Health Final Exam Review

Date: _____

Hr: _____

Reproductive Health

1. What are the characteristics of a healthy relationship? _____

2. What STI's are curable? (Not just bacterial or viral, name the STI's)

3. What are the things to make sure of when using a condom?

4. How affective are condoms? (If they are used correctly) _____
5. What does abstinence mean? How effective is abstinence? _____

6. HIV/AIDS can be transmitted by what means? Who should be worried about getting HIV/AIDS? _____

7. What does AIDS stand for? _____
8. What does HIV stand for? _____
9. Why should you get tested for STI's? _____
10. What type of STI (bacterial, viral, parasite) are:
 - a. Public Lice: _____
 - b. Genital Herpes: _____
 - c. Gonorrhea: _____
11. What does STI stand for? _____
12. What type of STI's are curable, what types are not curable? _____

13. What is the uterus? _____

14. A males ejaculation is made up of fluid from what three areas. _____

15. What carries the males sperm from the testes to the urethra? _____
16. What is another name for the vagina? _____
17. What do the testes produce? _____
18. What is the opening of the uterus called? _____
19. What is it called when a mature egg is released each month? _____

20. What holds the testes? _____

Alcohol and other drugs

21. What drugs are under the hallucinogen category? _____

22. What do hallucinogens do to your body and your five senses? _____

23. What does smoking marijuana do to your body? _____

24. What type of drug is cocaine? _____

25. Which is worse, smoking marijuana or smoking tobacco? _____

26. What type of drug is tobacco? _____

27. What are the signs/symptoms of alcohol overdose? _____

28. What type of drug is alcohol? _____

29. With alcohol overdose what comes first, passing out or death? _____

30. Wines and beers are made from what type of process? Hard liquor is made from what process? _____

31. What will sober a person up? _____

32. What is the legal BAC in Michigan? _____

33. How fast does alcohol leave the body? What organ is responsible for getting rid of alcohol? _____

34. BAC stands for? _____

35. The higher your BAC is the more or less alcohol you have in your system? _____

36. What type of alcohol is legal to drink? _____

37. What does alcohol do to a person's body temperature? _____

38. What does FAS stand for? How does someone get it? _____

39. What type of drug is alcohol? _____

40. Proof is how much the percentage of alcohol? _____

Intro to Health

41. One hundred years ago you were thought of as healthy if you were not sick.
a. True b. False

42. One hundred years ago most people died from illnesses cause by bacteria or viruses. Today most people die from illnesses caused by lifestyle choices.
a. True b. False

43. Wellness is a term that goes beyond sick or not sick to include the overall quality of life a person experiences.

- a. True
- b. False

44. Which of the following is one of the components of health?

- a. Social
- b. Physical
- c. Mental
- d. All of the above

Nutrition

45. The new Food Guide Pyramid is called ~~MyPyramid~~ *MyPlate*.

- a. True
- b. False

46. Which of the following is a category newly added to the food pyramid?

- a. Dairy
- b. Fruits
- c. Exercise
- d. Vegetables

47. Which of the following dairy choices would be lowest in fat?

- a. Ice cream
- b. skim milk
- c. whole milk
- d. cheddar cheese

48. Calcium is the mineral supplied by the Dairy group.

- a. True
- b. False

49. Which disease, most common in women as they age, is caused by eating too little calcium?

- a. Cancer
- b. High Blood Pressure
- c. Osteoporosis
- d. Anemia

50. What type of fat should we try to avoid all together? It raises blood cholesterol levels.

- a. Saturated
- b. Monounsaturated
- c. Polyunsaturated
- d. None of the above because fat is good for you.

51. Carbohydrates are the body's main source of

- a. Energy
- b. Calcium
- c. Iron
- d. Sodium

52. Name one food that does NOT come from animals but is included in the meat group.

- a. Ham
- b. Cheese
- c. Eggs
- d. Peanut butter

53. Whole grains, uncooked fruits and vegetables all add fiber to the diet.
a. True b. False
64. ~~Physical activity is one of the added components of the new food pyramid.~~ How many minutes of physical activity are recommended for TEENS to get each day?
a. 15 minutes
b. 90 minutes
c. 60 minutes
d. 5 minutes
55. One serving size of most meats is equivalent to the size of
a. A tennis ball
b. A deck of playing cards
c. A CD
56. One slice of bread equals one serving from the grain group.
a. True b. False
57. Whole wheat or whole grain choice are better for you than refined grains because they provide you with what nutrient?
a. Iron
b. Fiber
c. Calcium
d. Vitamin C
58. Saturated fats, which are solid at room temperature, are found in
a. meats
b. butter
c. eggs
d. all of the above
59. What are identified by letters and regulate many functions necessary for life?
a. Minerals
b. Vitamins
c. Proteins
d. None of the above
60. Protein is the nutrient that builds and repairs body tissue.
a. True b. False

Stress

61. Stress can be positive or negative. We just don't generally get overwhelmed with positive stress.
a. True b. False
62. The things that cause us stress are called stressors.
a. True b. False
63. The body's immediate response to stress is called
a. The alarm stage
b. The resistance stage
c. The recovery stage
64. Feelings of sadness, worthlessness or helplessness are signs of depression.
a. True b. False

65. Depression can be the result of someone not coping with their stress. Coping means
- trying to overcome stress or acting to correct a problem
 - getting a severe headache
 - trying to ignore the problem so it will go away
66. Knowing all the answers for this exam last night and then forgetting them today is an example of
- physical sign of stress
 - intellectual sign of stress
 - emotional sign of stress
67. Getting a stomach ache thinking about the PHW exam is a
- physical sign of stress
 - intellectual sign of stress
 - behavioral sign of stress
68. Swearing under your breath at the length of this exam is a
- physical sign of stress
 - intellectual sign of stress
 - behavioral sign of stress
 - emotional sign of stress
69. Putting your head down on your desk and crying in relief when the exam is over is a
- intellectual sign of stress
 - emotional sign of stress
 - behavioral sign of stress
70. You are worried about your science exam. You find yourself breathing a little faster and are feeling butterflies in your stomach as you wait for the teacher to hand you the exam. When you get the exam you have trouble concentrating. These are
- Physical signs of stress
 - intellectual signs of stress
 - behavioral signs of stress
 - both a and b
71. You finish all your exams and you don't think you did well. You feel depressed and want to go home and just go to bed and pull the covers over your head. These are
- Physical signs of stress
 - Intellectual signs of stress
 - Behavioral signs of stress
 - Emotional signs of stress
72. You get the giggles during your math exam. You try to stop and just can't. This can be a
- Physical sign of stress
 - Intellectual sign of stress
 - It can't be a sign of stress
73. Which of the following is one of the stages of stress?
- Alarm stage
 - Resistance stage
 - Recovery/Exhaustion stage
 - All of the above

74. Perception is the way we look at the world around us. It is our "take" on what is happening. It is personal:
a. True b. False
75. One way to reduce stress is to see if your perception of an event is the only way to view it.
a. True b. False
76. Which are healthy ways to cope with stress?
a. exercising
b. listening to music
c. talking to someone
d. all of the above
77. Which is an unhealthy way to cope with stress?
a. crying
b. taking a walk
c. trying to pretend you don't have stress
78. Clinical depression is usually caused by a traumatic event or a build up of many events over a period of time.
a. True b. False
79. If untreated, depression can lead to suicidal thoughts and feelings.
a. True b. False
80. If you are concerned that a friend may be depressed what should you do?
a. Talk to them about what they are feeling
b. ignore it and hope they feel better soon
c. tell them to snap out of it because their life isn't that bad compared to many others
81. If you are concerned that a friend may be suicidal what should you do?
a. talk to them about their thoughts
b. tell a trusted adult
c. listen but figure they just want attention
d. both a and b

Sexual harassment and Assault

82. Sexual harassment can be
a. verbal
b. nonverbal
c. written
d. all of the above
83. A note describing someone's sexual behavior posted in the bathroom stall would be an example of
a. verbal sexual harassment
b. nonverbal sexual harassment
c. not sexual harassment
84. Who sexually harassed Melinda Sordino in SPEAK?
a. Andy Evans
b. The Basketball Pole
c. No one. She wasn't harassed.

85. Sexual assault is
- a. any unwanted sexual contact
 - b. an act of violence, not a sex act
 - c. a crime
 - d. all of the above
86. In Michigan, it is against the law to have sex with anyone under the age of 16.
- a. True
 - b. False
87. There are 4 degrees of sexual conduct. Which is considered the worst?
- a. First degree
 - b. Second degree
 - c. Third degree
 - d. Fourth degree
88. If someone says yes and then changes his/her mind at the last minute and the other person proceeds, would this be considered sexual assault?
- a. Yes
 - b. No
89. Most people are sexually assaulted by someone they know.
- a. True
 - b. False
90. If you or a friend is sexually assaulted, what should you do?
- a. tell someone
 - b. go to the hospital to get checked for disease, pregnancy and to collect evidence
 - c. realize you did nothing to cause the attack
 - d. all of the above