

## Study Guide for Final Exam

All items on your Final Exam are taken directly from this study guide. Page numbers refer to the printed textbook. If you are using the eBook, you can search for answers.

### Chapter 1 Health in the 21st Century

1. Optimal **PHYSICAL** health physical health includes what 5 behaviors? (Page 3)
2. Briefly define each of the 7 dimensions of health and give an example of a behavior that would fall under each dimension. (Pages 3-4) **physical, intellectual, psychological, spiritual, social, environmental, and occupational**
3. What is the current life expectancy at birth in the U.S.? (Page 4) **78.8**
4. What is the leading cause of death in 15-24 year olds in the U.S? (Page 4) **accidents/unintentional injuries**
5. T or F: One of the *primary* goals of Healthy People 2020 is to achieve health equity for all. (Page 6) **T**
6. Chronic disease rates in the U.S. are lowest for which ethnic group? (Page 6) **Asian Americans**
7. T or F: Unhealthy eating habits and physical inactivity are common for college students.? (Page 7) **T**
8. What was most common health problem reported by students in a recent nationwide study? (Page 7) **allergies**
9. Define "Globesity" (Page 8) **low cost foods**
10. What does a person with health literacy have the ability to do? (Page 11) **obtain and understand basic health information and services in order to make appropriate decisions for care**
11. T or F: When looking for health information online, you should seek out sites with reputable professional accreditations. (Page 12) **T**
12. Define predisposing, enabling and reinforcing factors and give examples of each. (Page 13) **predisposing- physical, mental, emotional, or surrounding influence that affects the likelihood that a person will decide to change; enabling- skill, social support, or resource that makes it possible to succeed in changing a targeted behavior, reinforcing- influence that either rewards or opposes a change effort in progress.**
13. The theory that a person progresses through six stages of change before achieving sustained behavior change is known as the \_\_\_\_\_ model. (Page 14) **Transtheoretical model**
14. List and define each of the stages in the Stages of Change model. (Page 14)
15. What are *self-efficacy*-belief that you can make successful change and *locus of control*-person's belief about where the center of power lies in his or her life; internal or external? (Page 16)

### Chapter 2 Psychological Health

1. Define Psychological health it's two components (*mental, emotional*) and six facets. (26) **broad dimension of health and wellness that encompasses both mental and**

# Health Final Exam Study Guide Answers

**Ying-Ying Zheng**



## Health Final Exam Study Guide Answers:

**GED Exam Prep for All Subjects (2025-2026)** Jennifer Schultz, 2026-02-28 Earning your GED is more than passing a test. It is reclaiming opportunity. Whether you paused your education years ago or recently decided to take a different path, the GED exam can open doors to college, better jobs, and personal confidence. The challenge is knowing where to start and how to prepare without feeling overwhelmed. GED Exam Prep for All Subjects 2025-2026 gives you a clear, structured plan to master every section of the exam without confusion or wasted effort. This guide covers all four GED subjects: Mathematical Reasoning, Reasoning Through Language Arts, Science, and Social Studies. Each section begins with simple, easy-to-understand lessons that break down key concepts step by step. Complex topics are explained in plain language so you build real understanding instead of memorizing information you will forget. You will also find targeted practice questions for every subject, full-length practice tests to simulate the real exam, clear answer explanations that show you how to solve problems correctly, test-taking strategies to manage time and reduce anxiety, and skill-building exercises designed to improve weak areas. Many students struggle because they try to study everything at once. This book organizes your preparation so you focus on what matters most. You build confidence gradually, practice consistently, and track your improvement along the way. Whether you are balancing work, family, or returning to school after years away, this study guide is designed to support real-life schedules. Study in manageable sessions. Practice with purpose. Measure your growth. Passing the GED can be a turning point. With the right preparation, you can walk into the exam center calm, focused, and ready. Your next chapter starts here.

**Healthcare Writing** Michael A. Arntfield, James W. Johnston, 2016-08-04 Notable for its use of real document examples drawn from actual healthcare settings, in addition to its central section's extended focus on narrative medicine and new media writing. **Healthcare Writing: A Practical Guide to Professional Success** provides a wide-ranging, much-needed contemporary perspective on the modes and contexts of writing most pertinent to today's healthcare professionals. Aimed at students enrolled in university or college-level healthcare programs, healthcare communication specialists, as well as at current clinical practitioners seeking a portable reference and guide, this book combines a detailed discussion of approaches to key healthcare document types, both professional and academic, with a thorough but accessible overview of essential points of grammar, punctuation, and style.

**Health Careers Today E-Book** Judith Gerdin, 2021-10-20 Find the healthcare career that's right for you. **Health Careers Today 7th Edition** provides a complete overview of the most popular careers in health care, helping you make an informed decision in choosing a profession. Not only does this book discuss the roles and responsibilities of different occupations, it provides a solid foundation in the skills and competencies that each health career requires. Clear explanations of anatomy and physiology, disease processes, and treatments provide essential knowledge of the human body and show how health concepts apply to the work of various professionals. From experienced educator Judith Gerdin, this edition adds new coverage of skills and the changing healthcare environment. An Evolve website includes anatomy

animations and more Chapters on health careers focus on allied health professions and careers in high demand including commonly performed skills education requirements and potential earnings of each Skill Activities provide the opportunity to obtain hands on experience with detailed instructions on how to perform crucial tasks Case studies let you practice critical thinking by solving real world questions and problems Health Careers in Practice boxes include profiles of working healthcare professionals and the pros and cons of specific careers Brain Bytes reinforce concepts with facts and points of interest relating to the chapter content Review questions in each chapter allow you to assess your understanding of the material Additional resources include information on professional associations accreditations and government agencies for each healthcare profession NEW New and updated content covers health care systems professionals and patient workflow including the latest reimbursement models and a discussion of future trends NEW content on fundamental healthcare skills includes topics such as basic accounting health insurance and use of electronic health records NEW Expanded content addresses cultural competency diversity awareness and bias

**Lippincott's Review for NCLEX-RN** Diane McGovern Billings,2005 The thoroughly updated edition reflects the current NCLEX test plan and contains more than 5 000 test questions to help students practice taking the exam The book contains more questions than any other NCLEX RN review and includes more pharmacology related questions

Clinical Medicine; Examination Review George Horemis,1972 *Tests* Richard C. Sweetland,1991 Revises the information in the second edition and presents over 700 new or revised tests The Psychology section contains 20 subsections Education has 54 subsections and Business has 13 subsections Does not contain reliability validity and normative data Use the complementary Test Critiques series for this information

Little, Brown's NCLEX-RN Examination Review Irene M. Bobak,1996 This innovative book offers a fresh alternative to nursing reviews The complete concise content review will make a difference in NCLEX RN performance The review incorporates special memory aids that use fun easy to remember phrases

**Municipal Reference Library Notes** ,1924 *Bloomsbury World Englishes Volume 3: Pedagogies* Yasemin Bayyurt,Mario Saraceni,2021-05-20 Bloomsbury World Englishes offers a comprehensive and rigorous description of the facts implications and contentious issues regarding the forms and functions of English in the world International experts cover a diverse range of varieties and topics offering a more accurate understanding of English across the globe and the various social contexts in which it plays a significant role With volumes dedicated to research paradigms language ideologies and pedagogies the collection pushes the boundaries of the field to go beyond traditional descriptive paradigms and contribute to moving research agendas forward Volume 3 Pedagogies addresses the teaching of English as a world language Chapters in this volume consider the teaching and learning of English es from a range of perspectives and on the basis of experiences and research from many parts of the world

Medical-surgical Nursing Examination Review George Horemis,Clemencia Matamors,1973 Medical Board Quizzer Arco Publishing Company,1964 **Host Bibliographic Record for Boundwith Item Barcode 30112055414335 and**

**Others** ,1922     The National Guide to Educational Credit for Training Programs ,1996     Municipal Reference Library Notes New York Public Library. Municipal Reference Library,1927     *Orthopaedics Review Book: Essay Questions and Answers* H. Todd Stradford,1973     *Human Condition Telecourse Study Guide* Intelcom,Wendy Schiff,2000-08

**Professional Safety** ,2004     *Programmed Learning and Individually Paced Instruction* Carl H. Hendershot,1973

**Saunders 2005 ICD-9-CM, Volumes 1, 2, & 3, and HCPCS Level II** Carol J. Buck,2005 By combining all public domain coding references into 1 volume the three volumes of the ICD 9 CM the HCPCS and the Official Coding Guidelines we can offer students and coders alike all this coding material at a very affordable price All three volumes of the ICD 9 CM Most code books offer Volumes One and Two but rarely do you also get Volume Three which is an additional feature of this book HCPCS Level II of the national codes Level I is CPT codes which are durable goods crutches prosthetics drugs etc Updates accessed via Evolve website Numerous pictures and illustrations throughout Volume 2 Artwork situated next to a disease in Volume 2 Helps students and coders understand difficult terminology diseases conditions or coding in a specific category Printed in a second color so they are not mistaken for official instructions or notations Helpful for the A P term and patho questions on the Certification exam Numerous annotations throughout Volume 2 Explanation of a disease located just prior to that disease listing Helps students and coders understand more about a particular disease to ensure they have the correct code Official Coding Guidelines CMS document issued annually explaining latest coding rules This is a must have for students and coders alike since coding guidelines change annually Symbols to identify new or revised material Indicated by two distinctive symbols Clearly identifies all new and revised codes from the previous year Guide to the updates At a glance listing of all new and revised codes for that year located in front matter Helpful to professional coders who may not be aware of certain updates to codes they use frequently Price Reasonable for what you get A real value for students and coders alike

**Books in Print Supplement** ,1982

## **Health Final Exam Study Guide Answers** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Health Final Exam Study Guide Answers**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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