

**You will need a #2 pencil, a good eraser, and a Scantron**. These essential supplies will not be provided. The final exam will consist of 100 true or false, matching, and multi-guess questions. You may complete an evaluation of the course after you finish the exam and then you may leave. Hopefully you will do the assigned reading by the due date noted on the syllabus and answer these questions **as you read the text**. The answers may also be found in your notes. This review sheet is simply that…a review. Many, but not all final exam questions are on this review sheet. ☺ I suggest making note-cards with the question on one side of the note-card and the question on the other side of the note-card. Memorize the answers for the final exam!

**The exam is 50% of your grade.**

☺ **Disclaimer**: This sheet is not a substitute for attending class, reviewing notes

or doing the assigned reading ☺



**Pages 1-25**

1. What are the leading causes of death for all ages? for each age group provided?

2. Define mortality and morbity

3. If you were born in 2010 what is your average life expectancy?

4. What are 3 main reasons why people are living longer today?

5. What are people dying of today?

6. What is the difference between quantity of life and quality of life?

7. Define health

8. List the ten greatest public health achievements of the 20th century

9. Draw the wellness continuum (be sure to label)

10. Define holistic as relates to the definition of health

11. Who (wink) expanded the definition of health in 1947?

12. Define health determinants and be sure to note how it relates to social justice issues

13. Discuss individual vs. community/environmental influences on our health

14. Define controllable and modifiable risk factors/determinants of health

15. What are the behaviors of death and how many deaths are they responsible for?

16. What are health disparities? List some health disparities

17. Why is policymaking so important? List some examples

18. Explain the models of behavior change and know who developed it

19. Explain the social cognitive model (include a drawing) and know who developed it

20. Explain the Stages of Change (TTM) and know who developed it

21. Which extensions should you look for when "surfing" for health information on the web?

22. Explain the difference between internal and external locus of control

23. What are SMART goals?

**Pages 96-107**

24. Do the majority of college students get enough sleep most days of the week? Why/why not?

25. List 3 reasons why sleep is considered very important

26. List 4 physical benefits of sleep

27. Describe how sleep improves our ability to function especially as relates to driving

28. List 3 psychosocial benefits

29. Define the circadian rhythm (include the gland and hormone)

30. Describe the 2 primary sleep states in detail

31. How many hours of sleep are needed on average

32. Define sleep inertia

33. List 9 tips for sleeping well

34. List 8 things not to do if you want to sleep well

35. Define sleep disorders (include # of Americans that have them, # of specific disorders)

36. Define insomnia, sleep apnea (2 types), RLS and narcolepsy

**Pages 136-151**

37. List the 4 characteristics of intimate relationships

38. Define emotional availability

39. Explain the connection between physical health and intimate/close relationships

40. Define accountability and self-nurturance

41. Define self-concept and self esteem (review provided examples)

42. Review purposes of family, friends and romantic relationships

43. Define companionate love, passionate love

44. Draw and be able to explain the Triangular Theory of Love and know who is credited with it

45. Explain the 4 stages of Helen Fisher's theory

46. Review gender differences and how those messages are interpreted (he says/she says) and note societal expectations

47. Define self disclosure and who is credited with it

48. List the 3 main reasons why we listen

49. Define verbal and non verbal communication as well as conflict resolution

50. Define monogamy, serial monogamy, open relationship, cohabitation, common law marriage

51. List 5 benefits of married folks (committed relationships)

52. List the 6 factors associated with successful marriage

53. Does cohabitation prior to marriage increase your odds of a successful marriage?

54. Review "to have kids or not to have kids" (what to consider) pages 146-147

55. Define the various types of families (blended, nuclear, single, adoptive, etc)

56. What are the 3 parenting styles, which is the best (be able to define all 3 types)

57. Explain why some say the divorce rate is over 50% and others say no more than 41%

58. Review "how do you end it" page 151

**Pages 410-423**

59. Define multi-factorial

60. Explain the factors needed in order for a disease to occur

61. List the 7 modes of transmission

62. List the 7 controllable risk factors presented

63. List the 4 uncontrollable risk factors presented

64. Define super bugs

65. List the 3 reasons we think super bugs were able to develop

66. What can we do as individuals to prevent super bugs?

67. Review the body's defenses (physical and chemical)

68. Define antigen and list the various antigens

69. Review figure 13.2

70. Define antibodies, autoimmune

71. Why/how is pain and temperature important in protecting our bodies?

72. Define vaccine and review table 13.2 and figure 13.3 (page 417)

73. Explain the 3 types of immunity

74. Why is there a vaccine backlash and why are these concerns unfounded?

75. Define allergy, allergen

76. Define bacteria, how they are cured, and the 6 major examples provided

77. Define viruses, how they are treated (define palliative), incubation period and 3 major examples provided

78. Define fungi and list at least one helpful fungi and one harmful fungi

79. Define protozoans and give 3 examples

80. Define parasitic worms and give 2 examples

81. Define prions and give 1 example

82. Why are rates for many infectious diseases increasing? Give 3 examples



**Pages 66-92**

83. Define stress, stressor, eustress, distress, acute stress, episodic acute stress, chronic stress

84. What is GAS, who developed this theory and what are the 3 phases of it? (pages 68-70)

85. List several physical effects of stress (see figure 3.3 also)

86. What is PNI?

87. Can you lose hair and gain weight from too much stress?

88. How else can stress negatively affect us? (pages 72-74)

89. According to the APA what are the top 4 stressors Americans face?

90. Define psychosocial stressors, technostress (give 3 times for dealing with this stress too)

91. Define internal stressors, appraisal

92. Briefly explain Type A, B, C and D personalities

93. What is psychological hardiness, who developed it and what are good feelings associated with it?

94. Page 79 review the test taking tips

95. Define coping? Is coping positive or negative? What is the connotation?

96. On page 80 review the section Assess Your Stress

97. What are the 7 stress management methods presented (pages 80-85). Be sure to define cognitive restructuring, what may trigger an anger response, the 3 ways we respond to anger & which way is healthiest, the 5 ways to take physical action, and review all provided tips for each method.

98. List the 10 relaxation techniques and note which one research does not support.

**Pages 326-336**

99. Know that the majority of adults (93%) are dissatisfied with their bodies even those who are underweight.

100. Define negative and positive body images and review tips on page 330

101. List the 3 major influences on our body image

102. Define body dysmorphic disorder and social physique anxiety

103. Define disordered eating, eating disorder (who is it common in and what are some risk factors)

104. Define anorexia, bulimia, and binge eating

105. What is the treatment for these 3 psychiatric illnesses?

106. How can you help others who may be suffering from these disorders?

107. Define compulsive exercise, muscle dysmorphia, female athlete triad (may want to draw it)

**Pages 454-461**

108. Start at Dying & Death...Explain Elizabeth Kubler-Ross 1969 Model (identify the 5 psychological stages)

109. Define bereavement, grief, mourning (note difference between grief & mouring), disenfranchised grief (give 2 examples)

110. Review ways to support a friend (page 457)

111. Explain W. Worden's 4 tasks

112. Define advance directive, living will, five wishes, rational suicide, active euthanasia, passive euthanasia, hospice/palliative care (review characteristics page 460), and wake/viewing

 

**Pages 365-394** (I forgot to read pages 398-407 and I will do this ASAP)

113. What are the 3 cardiovascular diseases CVD)? Know that they comprise 24% of all deaths in the world

114. Define chronic diseases and know some problems they can cause (disability for example)

115. List the 7 cardiovascular disease lifestyle factors presented

116. Define CVD and know that 1 out of every 3 Americans has/will develop

117. Know about resting heart rate (what is well conditioned vs what is concerning) (page 367)

118. Define atherosclerosis, hyperlipidemia, atherosclerosis, ischemia, and review figure 12.4

119. Define peripheral artery disease (PAD) and list the 4 factors that may lead to this condition

120. Define coronary heart disease (CHD) and know how many deaths it causes in the US

121. Review what do to in the event of a heart attack (page 369)

122. Define angina pectoris, arrhythmias, tachycardia, bradycardia, fibrillation

123. Define heart failure (HF), stroke (include ischemic, hemorrhagic, aneurysm, transcient ischemic attacks) and hypertension

124. Review FAST (page 370)

125. Review information provided on systolic blood pressure, diastolic blood pressure and know what is considered normal vs high BP (pages 371-372)

126. Review information provided on risk (including cardiometabolic risks, METS) (page 372)

127. Discuss the 7 modifiable risks mentioned (page 374)

128. List the 4 non modifiable risk factors mentioned

129. List and brief explain the 3 "weapons against CVD" (page 377)

130. List the 6 tests used in diagnosing CVD

131. Define Coronary bypass surgery (CABG), angioplasty, and atherectomy

132. Does aspirin help?

133. Know that cancer is the #2 cause of death in the US, that 1/2 of all men and 1 in 3 women have a lifetime risk, 5 year survival rates are up and the definition of remission (pages 378-391)

134. Define oncogines (page 381) and ionizing radiation (page 382)

135. Review cancer fighting vaccines, new ideas (page 390)



**Pages 110-131**

136. What is the #1 cause of death for 15-24 year olds? #2? #3?

137. What are the 4 violent crimes described?

138. Is violence up or down in the US? (page 111)

139. Discuss the 6 reasons given for the under-reporting of sexual assault

140. List the 10 factors contributing to violence (page 111-112) as well as the 2 unproven reasons

141. Define hate crime (page 113)

142. A gun in the home \_\_\_the risk of a homicide and risk of suicide is more than \_\_times higher

143. List the 4 reasons given for participating in a bias related crime

144. Define domestic violence, IPV, and the cycle of IPV and Battered Woman Syndrome (page 116)

145. Review the information provided on IPV against men (page 117)

146. Define child abuse and elder abuse

147. Define and review statistics: sexual assault, rape, marital rape, child sexual abuse

148. Define sexual harassment and review what to do if you are being harassed (page 120)

149. Define stalking, how many cases involve technology, who is most at risk (pages 121-122)

150. Review social networking safety (page 121, box)

151. List 4 contributors to sexual violence (rape culture) (and list 4 contributors to gender norms)

152. Review what to do if a rape occurs and how to help a friend (page 123)

153. Review information on unintentional injuries,: vehicle safety: impaired driving and distracted driving (manual & cognitive) (page 125)



**Pages 266-296** (I forgot to read pages 300-322 and I will do this ASAP)

**\*Be sure to review the notes I posted that correspond to the Power Point I presented**

154. Define hunger, appetite, macronutrients, micronutrients, calorie

155. How many calories are in fat, carbohydrate (carb.), protein (pro.), alcohol, vitamins, minerals, water

156. Define dehydration, hyponatremia

157. Know how much water is recommended for men and women and how it is recommended we obtain the water (note this book suggests caffeinated beverages may not dehydrate us?!?!?)

158. Review table 9.1 (page 268)

159. Proteins: define amino acids, understand difference between complete & incomplete proteins

160. Carbohydrates: understand difference between simple and complex, review figure 9.3 (page 269-271)

161. Read the box on page 270 and learn about a possible solution to world hunger!

162. How much fiber should a whole grain bread have? What are some ways you could add fiber to your diet (box on page 272)

163. Define fiber (include definitions for dietary fiber, functional fiber, total fiber, soluble/insoluble fiber)

164. What are some benefits of fiber (box on page 271)

165. List 9 benefits of fats (page 272)

166. Total body fat: know % of triglycerides & % of cholesterol (CHO)

167. Explain heart disease risk (ratio of CHO to HDL, define HDL, LDL, lipoproteins)

168. Define saturated fats, unsaturated fats (MUFAs, PUFAs) (page273)

169. List some ways to add healthy fats to your diet (page 274)

170. How much fat should we have in our diet (% of calories, omega 6, saturated fat)

171. List a couple of examples of healthy and unhealthy fats

172. Discuss trans-fat (margarine)

173. Know 2006 FDA requires labels, 2010 CA bans in restaurants, label=partially hydrogenated oils, fractionated oils, shortening, lard or hydrogenation=Trans fat

174. Vitamins: know benefits of, define fat soluble vs. water soluble and antioxidants

175. Know can't stop free radical formation, just the negative effect of them and that study results are very mixed! (page 275)

176. Review environmental concerns and safety concerns of eating fish: Monterey Bay Aquarium provides a free national guide, free iPhone/Android ap. or text Blue Ocean Institute (box on page 275)

177. Define carotenoids (page 277)

178. How much vitamin D do we need and how can we get it?

179. Discuss functional foods include information on probiotics, PUFAs, Omega 3 fatty acids, whole grains (note FDA does not monitor labeling) and give a few examples (page 278)

180. Define minerals include major minerals, trace minerals

181. Define Sodium (page 279)

182. Discuss calcium include information on soda (page 281)

183. Discuss iron include information on deficiency and poisoning, anemia (page 281)

184. Understand DRIs, RDA, AI, UL, AMDR (page 282)

185. Regarding a healthful diet: define adequate, moderate, balanced, varied, nutrient dense (page 282-283)

186. My Plate Plan (www.choosemyplate.gov)

\*for extra credit enter the food you eat in one day and answer the posted questions\*

187. Define empty calorie (page 284-285)

188. Explain how much physical activity is recommended and some examples

189. Review the food label (daily value 5% or less=low, 20% or more = high, no DV = you don't need any-transfat for example)

190. Define vegetraianism include flexitarians, vegans, lacto-vegetarians, ovo-vegetarians, lacto-ovo-vegetarians, pesco-vegetarians, semi-vegetarians and include some reasons why people make this choice as well as issues/concerns (page 286-287)

191. Know that supplements are not regulated by the FDA, there are currently no guidelines for sale-safety and the study results are very mixed (page 287)

192. Eating well in college: review the tips on eating out (everyone should read regardless of age) (page 287-288)

193. Define organic and know about the criteria set and study results

194. Food safety: review information on salmonella, E.Coli, botulinum and know who is at risk and why

195. Know how you can lower your risk (page 290) (including no raw cookie dough, soft/funny egg yolk, pink burgers)

196. Define food allergy include the symptoms and how quickly it occurs

197. Know about the 2004 Congress Food Allergen Labeling and Consumer Protection Act

198. Define celiac disease (page 291)

199. Food intolerance: know how it is different than an allergy, include information on lactose intolerance (lactase)

200. Define GM and why it is being done include information on FlavrSavr (pages 291-292)

201. Review the debate on GM foods (page 292)



**Pages 202-227** (so much reading! I haven't gotten to pages 232-260...working on it...sigh)

202. Define addiction include information on why it is considered a mental disorder

203. Define physiological dependence, psychological dependence

204. List the 4 symptoms of addiction

205. Define codependence, enabler (page 203)

206. Define drug, drug misuse, drug abuse and include information the cost to society

207. Define dopamine (page 205)

208. Define psychoactive drugs and include information on how heroin/LSD, PCP, cocaine, and methamphetamine work in the brain

209. List the 6 types of drugs

210. List the 5 routes of administration (page 207)

211. Define polydrug use include definitions for synergism, antagonism, intolerance, cross-tolerance

212. Discuss caffeine (page 208) include positive and negative effects and the recommended intake

213. Discuss OTC include high dose concerns and common abused OTC

214. Discuss prescription drug abuse (page 209)

215. Why are college students at an increased risk, what 2 groups are very popular and why

216. Why is prescription drug abuse on the rise? (box on page 210)

217. Draw a timeline of the rises and dips of illicit drug use in the US overtime (page 210)

218. What drug is on the rise?

219. What % of college students use? And who is at risk? (page 211)