

Health Benchmark 3--Study Guide and Review Questions

Answer the following questions on a separate piece of paper.

A. Introduction to Health Vocabulary (Ch 1)

1. What is the term for choosing not to engage in a high risk behavior such as drinking alcohol or doing drugs?
2. What does it mean if a person is described as being resilient? Is this a positive characteristic?
3. Name and define the 3 parts of the health triangle.

B. Decision Making Process and styles (Ch 2, lesson 2)

4. What are the steps of the decision making model?
5. Describe the 3 types of decision making styles.

C. Mental Health and Stress (Ch 3 and 4)

6. Explain the difference between distress and eustress.
7. How can negative stress affect your physical health?
8. What does it mean to procrastinate? How can this affect your stress levels?

D. Mental and Emotional Problems (Ch 5)

9. What is bipolar disorder (manic depression)?
10. What is the difference between organic and functional mental disorders?
11. What is PTSD and what could be a potential cause?

E. Alcohol and Drug Awareness Program (ADAP booklet)

12. What are the restrictions on a Class D driver's license?
13. How is alcohol eliminated from your body? At what rate?
14. What is BAC? How much does one drink of alcohol raise an average sized person's BAC?
15. What percentage of alcohol is eliminated through the liver? What percentage is eliminated through breath, sweat, and urine?
16. What is the most common test for determining BAC?
17. Alcohol is classified as what type of drug?
18. What is Joshua's Law?
19. What is the legal age to buy, possess, or drink alcohol in Georgia?

F. Tobacco Use (Ch 20)

20. Give two examples of carcinogens and explain why they are considered a carcinogen.
21. What is leukoplakia and what can cause this to develop?

G. Illegal Drugs (Ch 22)

22. List 2 examples of each: Hallucinogens, Stimulants, Depressants, Narcotics (opiates)
23. What are the most commonly abused drugs in the US and the most commonly abused illegal drug in the US?
24. What is the main ingredient in marijuana that makes the user high?

25. Define tolerance, withdrawal, and addiction.
26. What does it mean when a drug is described as a gateway drug? Give 2 examples.

H. Nutrition (Ch 10)

27. What are the 5 main food groups?
28. Which nutrient should be our main source of energy?
29. Which nutrient builds and maintains tissues?
30. What are the 6 essential nutrients? Which 3 provide calories (energy)?
31. What is the difference between saturated fat and unsaturated fat?
- 32.. Why is fiber important to our diet?
33. What are 3 examples of nutrient-dense foods? Should these be included in your diet?
34. What is the difference between anorexia and bulimia?

I. Physical Fitness (Ch 12)

35. Name 2 examples of a sedentary activity.
36. What is your heart rate called when you are not active?

J. Human Growth and Development (Ch 16, Ch 17)

37. Describe the purpose/function of each term listed below during prenatal development: amniotic sac, umbilical cord, placenta
38. What are the male and female sex cells? When and where are they produced?
39. Define these terms: fertilization, menstruation, sterility, estrogen, testosterone
40. How often should a woman perform a breast cancer self exam?
41. List the 3 stages of birth.
42. Describe the difference between a miscarriage and a stillbirth.
43. The _____ is the opening to the uterus that dilates to 10cm during labor.

K. STD's and HIV (Ch 24)

44. List 3 ways in which HIV can be transmitted and 3 ways it can't be transmitted.
45. What are the 2 riskiest behaviors associated with HIV transmission?
46. What are the effects of HIV/AIDS on the body? Can it be cured?
47. What does it mean if an STD is asymptomatic?

L. First Aid and Safety (Ch 27)

48. What is generally the most effective method of controlling bleeding?
49. What is the purpose of CPR and what is the cycle of breaths and compressions for CPR for an adult victim?
50. What type of wound is most likely to get infected? Why?
51. What causes these types of shock: Hypovolemic, Anaphylactic, Psychogenic
52. What should you do for a victim that is choking, but is able to cough?
53. Describe each type of wound: abrasion, laceration, incision, avulsion, amputation.
54. What are the 4 methods of controlling bleeding? Which should only be used as a last resort?
55. What are 3 signs that a victim is in shock? How should you treat most victims who are in shock?
56. What are the 3 types of bleeding? Which one is typically the most serious?