

## HEALTH 2 FINAL STUDY GUIDE

1. Define
  - a. Stress
  - b. A stressor
  - c. Eustress
  
2. Potential negative health effect of stress are:
  
  
  
  
  
  
  
  
  
  
3. What occurs in the fight-or-flight response?
  
  
  
  
  
  
  
  
  
  
4. Describe people with Type A & B behavior pattern:
  
  
  
  
  
  
  
  
  
  
5. What are signs of being overstressed?
  
  
  
  
  
  
  
  
  
  
6. What are the stages of general adaptation syndrome?
  
  
  
  
  
  
  
  
  
  
7. What will help you get more sleep at night?
  
  
  
  
  
  
  
  
  
  
8. Humans regulate their body temperature around what temperature?
  
  
  
  
  
  
  
  
  
  
9. What are indications of impending heat illness?
  
  
  
  
  
  
  
  
  
  
10. Define
  - a. Convection
  - b. Evaporation
  
  
  
  
  
  
  
  
  
  
11. During exercise, body temperature rises to the highest level in what environmental conditions?

12. What can you monitor to determine whether the environmental conditions are imposing a heat load on your body during exercise?
13. What type of clothing should be worn during exercise in the heat and in the cold?
14. Define acclimatization and how long it takes to adapt to heat stress
15. Describe the characteristics of
  - a. Heat cramps
  - b. Heat exhaustion
  - c. Heat stroke
16. What is the primary concern with exercise at high altitude is
17. A reduction in VO<sub>2</sub>max is noticed at an elevation of approximately
18. What occurs to help the body cope with the stress of altitude?
19. Acute mountain sickness (AMS) is characterized by
20. Which air pollutant binds with hemoglobin and reduces blood's oxygen-carrying capacity?
21. What is an extrinsic risk factor for a sports injury?
22. Which factors are associated with running injuries?
23. Define
  - a. Overtraining syndrome
  - b. DOMS
  - c. Acute muscle soreness

24. To prevent the overtraining syndrome, increase your exercise intensity by no more than
25. What may be considered a primary cause of injury in aerobic dance?
26. Which factors are related to back pain at what may prevent it?
27. What may cause patellofemoral pain syndrome
28. What can help prevent shin splints?
29. What are considered some ways to reduce your risk of injury during exercise?
30. What is included in the RICE treatment regimen?
31. Cancer is a collection of how many diseases?
32. Define
  - a. Carcinogens
  - b. Metastasis
  - c. Tumor
    1. benign
    2. malignant
33. What is the most common type of cancer and the leading cancer that kills?
34. What are warning signs for skin cancer?
35. What methods will help reduce the risk of skin cancer?

36. Normal cells can become cancerous by damage to what?
37. Approximately \_\_\_\_\_% of all cancers are related to lifestyle and environmental factors
38. What are risk factors for cancer?
39. It is recommended that prior to sun exposure you apply a sunscreen with a sun protection factor of at least what #?
40. Sunscreens help protect skin from \_\_\_\_\_ radiation.
41. Statistics reveal that 1 in \_\_\_\_\_ people in the United States will contract at least one sexually transmitted infection (STI) in their lifetime
42. AIDS is a fatal disease that develops from a \_\_\_\_\_ infection and is a leading cause of death in black American women aged \_\_\_\_\_.
43. What are the stages of the HIV virus?
44. What are some ways to contract the HIV virus from an infected individual?
45. What are some common symptoms of trichomoniasis in women?
46. Chlamydia and Gonorrhea are sexually transmitted infections caused by a \_\_\_\_\_ infection.
47. What are some symptoms that occur several months after infection of Chlamydia?
48. Hepatitis is a disorder that promotes an inflammatory response in the \_\_\_\_\_.

49. A small group of viruses called human papillomavirus causes
50. What are some good methods to reduce your risk for a sexually transmitted infection?
51. Addiction may be the result of what factors?
52. Substance abuse can be defined as
53. What are some key factors in determining your risk for drug addiction?
54. What are some side effects of anabolic steroid use?
55. Chronic use of alcohol can result in what?
56. What is the most common recreational drug used by college students in the United States?
57. Long-term use of marijuana can result in what?
58. What are some immediate effects of marijuana use?
59. Is cocaine addictive and how long does a "high" last?
60. Nicotine is so addictive because it causes the release of \_\_\_\_\_ from the adrenal cortex.
61. What are the effects of caffeine?

62. Rates of physical activity tend to drop during what kinds of life-changing activities and what are steps to take to ensure that you will maintain an exercise program even during stressful times?

63. What exercises are recommended and NOT recommended for a pregnant woman?

64. What nutritional products have been proven to be effective in promoting physical fitness?

65. What physical effects are associated with aging?

66. What lifestyle factors contribute to the maintenance of wellness throughout the life span?

67. REVIEW:

- a. Components of health-related physical fitness
- b. Wellness
- c. Diabetes
- d. The principle of progression
- e. Guidelines to follow when setting achievable fitness goals
- f. The blood vessels
- g. Role of breathing during exercise
- h. Muscular strength
- i. Muscular endurance
- j. Specificity
- k. Safety concerns when weight training
- l. Obesity
- m. Simple carbohydrates
- n. Complex carbohydrates