

Health 2S - 3rd Marking Period Quarterly STUDY GUIDE

Managing Body Weight and Body Composition – 3rd

An example of a nutrient-dense food is carrots

When you take in more calories than you burn your amount of stored body fat may increase.

Compared to an adult of appropriate weight, an underweight adult will have a higher chance of suffering chronic fatigue

Body composition is the ratio of body fat to lean body tissue

One strategy is a sensible weight-management plan is keeping a food journal of what and when you eat.

The number of calories a person takes in each day should be unaffected by body image

It is important to drink plenty of water before and during a heavy workout because keeping hydrated prevents an electrolyte imbalance

A sedentary lifestyle contributes to obesity

Anorexia nervosa has consequences similar to malnutrition and starvation

A person with a large amount of body fat is obese

Athletes may be overweight due to excess muscle tissue, rather than excess fat.

Bulimia can lead to stomach tissue damage and tooth decay.

Managing Stress and Anxiety -3rd

External Factors that can affect a person's resiliency include family, community, and peers

During the alarm stage of the body's stress response, Adrenalin, the "emergency hormone" is released to prepare the body to respond to a stressor

Ways of managing stress do NOT include drinking alcohol

Someone who declines to become involved in a potentially stressful situation, such as a party where alcohol will be present, is managing stress through refusal skills

Having to leave your home because of hurricane damage is an example of an environmental stressor

Stress can have the positive effect of motivating a person to work hard

Most people learn values from their families

Reaching acceptance does not mean you can finally stop thinking about someone who has died.

Someone who decides to go for a brisk walk on the night before a test after having studied may be redirecting energy in response to stress

When you feel tired because your body has been fighting an illness, you are experiencing pathological fatigue

Headaches can be a psychosomatic response to stress

Negative reactions in the body and mind caused by using tobacco, alcohol, or other drugs are personal behavior stressors

Voluntary responses to stress include doing relaxation exercises

Mental and Emotional Problems – 3rd

A phobia and obsessive/compulsive disorder are both anxiety disorders

Mental disorders require medical attention, just as physical illness do

An attempt is usually just a way to get attention is NOT an accurate statement about suicide?

A mental disorder whose sufferers have difficulty distinguishing between real and imaginary events is Schizophrenia

Two people who share a traumatic experience can perceive the event in different ways and suffering different amounts of stress.

Cluster suicides are sometimes the result of suicide pacts

A person in the last stages of the grieving process is likely to begin looking ahead to the future

Both functional and organic mental disorders can affect behaviors, thoughts, and feelings

Nightmares and flashbacks are symptoms of post-traumatic stress disorder

Passive-aggression is a kind of personality disorder

Biomedical therapy seeks to treat symptoms through medication

Alcohol – 3rd

A symptom of alcohol poisoning is irregular heartbeat.

Drinking five or more alcoholic drinks at a sitting is called binge drinking

The long-term effects of alcohol use can include high blood pressure.

A condition in which liver tissue is replaced with useless scar tissue is called cirrhosis

The following is true of the short-term effects of alcohol use:

- Some alcohol passes quickly into the bloodstream from the stomach,
- Nerves controlling involuntary functions are depressed,
- Coordination and speech are impaired.

When a person is dependent on alcohol, he or she is an alcoholic

According to teens, the most important factor in choosing not to use alcohol is parental disapproval.

The first stage of alcoholism is characterized becoming intoxicated regularly

The following are factors that influence the onset and severity of the short-term effects of drinking:

- Body size and gender
- Food in the stomach
- Rate of consumption

OPEN ENDED QUESTIONS -3rd

NAME THE 4 MICRONUTRIENTS.

NAME THE 4 METABOLIC DISEASES THAT ARE LINKED TO OUR DIET