

1. Lesson 1–Health: Begin the Journey Question MC #1
The term health is BEST understood as ____.

- a. the absence of disease
- b. a one-dimensional condition
- c. an unattainable goal
- *d. a journey toward wellness

2. Lesson 1–Health: Begin the Journey Question MC #2
Which of the following is typical of healthy people?

- a. They take responsibility for their own health.
- b. They make healthy choices.
- c. They maximize health even with problems.
- *d. All of the choices

3. Lesson 1–Health: Begin the Journey Question MC #3
The dimensions of health are ____.

- *a. interrelated
- b. mutually exclusive
- c. independent of each other
- d. all of the choices

4. Lesson 1–Health: Begin the Journey Question MC #4
Which dimension of health involves reading, thinking, and a genuine interest in learning?

- a. Physical
- b. Social
- *c. Intellectual
- d. Environmental

5. Lesson 1–Health: Begin the Journey Question MC #5
"I walk every morning....I ride my bicycle after that...." This statement reflects a commitment to well-being in the ____ dimension of health.

- *a. physical
- b. social
- c. intellectual
- d. emotional

6. Lesson 1–Health: Begin the Journey Question MC #6
Which dimension of health involves one's faith, beliefs, and values?

- a. Physical
- *b. Spiritual
- c. Social

d. Emotional

7. Lesson 1–Health: Begin the Journey Question MC #7

Which statement reflects the characteristics of an emotionally healthy person?

- *a. The key is getting up one more time than you fall down.
- b. It's not who wins or loses; it's who gets the blame.
- c. The most important word is "I."
- d. If you don't get married, you can't get divorced.

8. Lesson 1–Health: Begin the Journey Question MC #8

"The fresh air is wonderful medicine for my mind, my soul, not to mention my lungs."

This statement reflects the ____ dimension of health.

- a. physical
- b. emotional
- c. intellectual
- *d. environmental

9. Lesson 1–Health: Begin the Journey Question MC #9

"If I didn't have the support from my friends and family... I would want to stay home in bed with the covers up to my neck, you know, but that's not me."

This statement reflects the characteristics of an individual enjoying the benefit of ____ health.

- a. physical
- *b. social
- c. spiritual
- d. intellectual

10. Lesson 1–Health: Begin the Journey Question MC #10

"I have had to work hard at overcoming depression and then, on top of that, after the relapse, there was anxiety and some post traumatic stress stuff that I didn't know I was suffering from."

This statement reflects the ____ dimension of health.

- a. environmental
- b. social
- c. spiritual
- *d. emotional

11. Lesson 1–Health: Begin the Journey Question MC #11

"When I am exercising and so forth, I use that as worship time. I look at the trees and I listen to the birds...so I tie those things

together, so I'm worshipping...."

This statement describes activity in the ____ dimension of health.

- a. physical
- b. social
- *c. spiritual
- d. emotional

12. Lesson 1–Health: Begin the Journey Question MC #12

According to David Satcher, MD, the greatest progress made in the status of U.S. healthcare is with ____.

- *a. infectious diseases
- b. cardiovascular diseases
- c. cancer
- d. AIDS

13. Lesson 1–Health: Begin the Journey Question MC #13

The Surgeon General's "ten-year blueprint" for the nation's health goals has been published in ____.

- *a. Healthy People 2010
- b. U.N. Healthy People 2010
- c. Healthy Lifestyles 2010
- d. Lifestyles for the U.S. 2010

14. Lesson 1–Health: Begin the Journey Question MC #14

National health indicators that relate to lifestyle include ____.

- a. physical activity
- b. overweight and obesity
- c. tobacco use
- *d. all of the choices

15. Lesson 1–Health: Begin the Journey Question MC #15

According to David Satcher, MD, the significant question to ask regarding your health status is ____.

- a. Have I been sick?
- *b. What is the state of my well-being?
- c. Is it contagious?
- d. Am I disease-free?

16. Lesson 1–Health: Begin the Journey Question MC #16

According to David Satcher, MD, one of the major concerns about the state of health of Americans is ____.

- *a. quality of life as people age
- b. quality of life among teens
- c. short lifespan of Caucasian women
- d. suicide among the affluent

17. Lesson 1–Health: Begin the Journey Question MC #17

Life expectancy for Caucasian women is 79 years, while for African-American men, it is 67 years. According to David Satcher, MD, this is an example of ____.

- *a. health disparities among different groups
- b. health disparities based on age
- c. health equality among minority groups
- d. health equality among age groups

18. Lesson 1–Health: Begin the Journey Question MC #18

The Surgeon General's report on smoking has contributed to reducing deaths from ____.

- a. pneumonia
- b. cirrhosis
- *c. cardiovascular disease
- d. diabetes

19. Lesson 1–Health: Begin the Journey Question MC #19

According to David Satcher, MD, if we intend to reach our national health goals, we need a system that addresses ____.

- a. disease prevention
- b. health promotion
- c. access to health care
- *d. all of the choices

20. Lesson 1–Health: Begin the Journey Question MC #20

According to Harvard Medical School's Dr. Herbert Benson, scientific studies show that the mind affects the body, and that ____.

- a. there is a significant mind/body separation
- *b. there is no true mind/body separation
- c. the mind, body, and spirit are one entity
- d. the mind cannot be conceptualized

21. Lesson 1–Health: Begin the Journey Question MC #21

The relaxation response is the physiological opposite of ____.

- a. relief
- *b. stress
- c. tranquility

d. all of the choices

22. Lesson 1–Health: Begin the Journey Question MC #22

Achieving the relaxation response may require both ____.

- *a. a calming verbal repetition, and a disregard of other intruding thoughts
- b. a motivational phrase such as "just do it," and physical action directly following.
- c. An isometric muscle contraction for eight seconds followed by voluntary muscle relaxation
- d. a massage therapist and financial commitment for relaxation therapy

23. Lesson 1–Health: Begin the Journey Question CO #1

The concept that one's physical health cannot be separated in total from one's psychological health is known as _____ health.

Correct Answer(s):

- a. mind/body

24. Lesson 1–Health: Begin the Journey Question CO #2

One's _____ health requires exercise for well-being.

Correct Answer(s):

- a. physical

25. Lesson 1–Health: Begin the Journey Question CO #3

Learning is necessary for _____ well-being.

Correct Answer(s):

- a. intellectual

26. Lesson 1–Health: Begin the Journey Question CO #4

Community health initiatives profiled in the video focus on _____ as the key to improving health.

Correct Answer(s):

- a. prevention

27. Lesson 1–Health: Begin the Journey Question CO #5

_____ health refers to the influence of the physical world (e.g., air) on your well-being.

Correct Answer(s):

- a. Environmental

28. Lesson 1–Health: Begin the Journey Question ES #1

In your own words and using examples from the video, describe a healthy lifestyle in terms of the six dimensions of health and changes that an average American can make to improve their lifestyle.

Correct Answer:

Answer should include the following types of statements/points:

- A. Emotional: having regular positive feelings and thoughts, and the ability to express emotions, function independently, cope with daily stressors overcoming depression
- B. Environmental: clean water, fresh air, and nature as medicine for body; oneness with environment
- C. Intellectual: thinking, learning, and keeping intellect sharpened and stimulated
- D. Physical: exercising regularly, riding bicycle, walking, dancing
- E. Social: interacting effectively with other people; support of family and friends
- F. Spiritual: ability to identify own purpose in life, know how to experience love, joy, peace, and fulfillment, strong faith and beliefs, inner peace

29. Lesson 1–Health: Begin the Journey Question ES #2

Describe the Healthy People initiative and some initiatives communities are taking to improve health in the United States. Explain why they are important.

Correct Answer:

Answer should include the following types of statements/points:

- A. Healthy People: Process by which the United States plans for the health of the American people decade by decade.
- B. Initiatives:
 - Steppin' Seniors
 - Bicycle Trails
 - Daimler/Chrysler/UAW community health initiatives
- C. Important because they affect health of many, are community based, will improve health now and over time.

30. Lesson 1–Health: Begin the Journey Question ES #3

Explain the mind/body connection. How does the relaxation response affect the body?

Correct Answer:

Answer should include the following types of statements/points:

- A. There is no real mind/body separation, the two are interrelated.
- B. Important to use in repetition and to disregard other thoughts in stress reduction through relaxation response.
- C. When people do the relaxation response, it affects the brain to quiet it and actually lowers the heart rate, lowers metabolism, and lowers breathing rate.

31. Lesson 2–Stress Question MC #1

A common theme among discrimination, having more than one job, facing deadlines, and balancing work and family responsibilities is that they all ____.

- *a. may create significant distress
- b. may create significant eustress
- c. ultimately improve one's emotional health
- d. pose a significant distress that must be avoided

32. Lesson 2–Stress Question MC #2

Negative stress or distress can lead to ____.

- a. a compromised immune system
- b. impaired brain function
- c. impaired heart and blood vessel function
- *d. all of the choices

33. Lesson 2–Stress Question MC #3

Exercising, talking with friends, and taking time to take care of one's self are ____ methods of coping with stress.

- a. unrealistic
- *b. effective
- c. not cost-effective
- d. too simple to be effective

34. Lesson 2–Stress Question MC #4

Planning in order to prevent procrastination is ____ method of coping with stress.

- a. an unrealistic
- *b. an effective
- c. not a cost-effective
- d. an ineffective

35. Lesson 2–Stress Question MC #5

According to Dr. James Pennebaker's research, one of the best ways to deal with stress is to ____.

- a. immediately confront the aggressor
- b. watch television for diversion
- *c. write down your thoughts and feelings
- d. engage in competitive sports

36. Lesson 2—Stress Question MC #6

For many people, writing about upsetting experiences ____.

- a. makes it more difficult to forget about the experience
- *b. reduces one's stress from the upsetting experience
- c. may lead to prolonged anger and impaired health
- d. causes obsessive-compulsive personality disorder

37. Lesson 2—Stress Question MC #7

Keeping secrets about traumatic experiences can cause an individual to ____.

- *a. be more prone to illness
- b. be less prone to illness
- c. have fewer doctor visits each year
- d. have longer-lasting relationships

38. Lesson 2—Stress Question MC #8

According to renowned psychologist Dr. James Pennebaker, students who write about their deepest thoughts and feelings about starting college ____.

- *a. earn better grades than they did the previous semester
- b. generally earn better grades than their peers
- c. revisit deeply seeded feelings that may impair their school performance
- d. are likely to have more stress and poorer health

39. Lesson 2—Stress Question MC #9

Journal writing works because it allows one to ____.

- *a. acknowledge negative emotions
- b. spend time alone with their pain
- c. keep thoughts and feelings unorganized
- d. remain unclear about what is causing the stress

40. Lesson 2—Stress Question MC #10

An initial physiological response to stress is known as ____.

- a. repair or repose
- *b. fight or flight
- c. aggression and depression
- d. hit and run

41. Lesson 2—Stress Question MC #11

AFTER the initial physiological response, stressful and traumatic experiences ____.

- a. affect people similarly
- *b. affect people differently
- c. are processed by people similarly
- d. are usually not processed

42. Lesson 2—Stress Question MC #12

People may respond differently to stress because they ____.

- *a. have different attitudes about what the world is like
- b. have a similar global attitude about the world
- c. have a similar cultural background
- d. are physiologically very different from other people

43. Lesson 2—Stress Question MC #13

An event such as the terrorist attack on September 11 that caused long-lasting symptoms well beyond the event may cause ____.

- a. eustress disease
- b. distress disease
- *c. posttraumatic stress syndrome
- d. acute stress syndrome

44. Lesson 2—Stress Question MC #14

According to the video, people initially react to life threatening stress ____ in the physiological response that they have.

- *a. similarly
- b. differently
- c. in one of two ways
- d. none of the choices

45. Lesson 2—Stress Question MC #15

Adaptive behaviors to traumatic events may include ____.

- a. doing things for other people
- b. talking sincerely about what has happened
- c. giving the event significance
- *d. all of the choices

46. Lesson 2—Stress Question CO #1

The type of writing used to identify stressors in one's life is _____ writing.

Correct Answer(s):

- a. journal

47. Lesson 2—Stress Question CO #2

A common coping strategy for stress that provides diversion while

promoting physical well-being is _____.

Correct Answer(s):

a. exercise

48. Lesson 2—Stress Question CO #3

A type of stress that remains long after the stressor has been removed such as that felt by war veterans is known as _____.

Correct Answer(s):

a. posttraumatic stress syndrome

49. Lesson 2—Stress Question CO #4

After the initial threat, people have a different _____ responses to stress.

Correct Answer(s):

a. psychological

50. Lesson 2—Stress Question CO #5

The fight or flight response suggests that people have an innate _____ mechanism that is triggered during stressful situations.

Correct Answer(s):

a. physiological

51. Lesson 2—Stress Question ES #1

Describe the specific process of journal writing to reduce personal stress.

Correct Answer:

Answer should include the following types of statements/points:

- A. Set aside time over a three- or four-day period.
- B. Find a place where you will not be bothered.
- C. Write twenty minutes a day.
- D. Explore your deepest emotions and thoughts.
- E. Try to tie the upsetting experience into other parts of your life past and future.
- F. Give yourself freedom.

52. Lesson 2—Stress Question ES #2

Consider a significant stressor with which you must cope regularly, and create your first journal entry.

Correct Answer:

Answers will vary depending on student's experiences.

53. Lesson 3—Psychological Health Question MC #1
A healthy mind and spirit are enhanced by ____.

- *a. healthy relationships
- b. rigid attitudes
- c. difficult interpersonal relationships
- d. all of the choices

54. Lesson 3—Psychological Health Question MC #2
Healthy friendships that enhance psychological well-being are rooted in ____.

- a. dependence rather than interdependence
- b. ability to accept regular criticism
- *c. social support and mutual respect
- d. self-awareness and ego development

55. Lesson 3—Psychological Health Question MC #3
Psychological health is related to one's ability to ____.

- a. take oneself seriously
- *b. cope with life's stressors
- c. not react based upon strong inner feelings
- d. sympathize with others

56. Lesson 3—Psychological Health Question MC #4
One single significant factor that contributes to a healthy mind and spirit is one's ability to ____.

- a. talk more than listen
- b. not react to another's emotions
- c. stay busy when problems arise
- *d. maintain a sense of humor

57. Lesson 3—Psychological Health Question MC #5
Refraining from ____ friends leads to healthier emotional relationships.

- *a. criticism of
- b. laughing with
- c. talking to
- d. listening to

58. Lesson 3—Psychological Health Question MC #6
Which major factor does NOT underlie psychological growth?

- a. Self-awareness
- b. Self-control
- c. Self-efficacy
- *d. Self-absorption

59. Lesson 3—Psychological Health Question MC #7

Which of the following is NOT a characteristic of a psychologically healthy person?

- a. Resilience
- b. Optimism
- c. Sense of humor
- *d. Physical fitness

60. Lesson 3—Psychological Health Question MC #8

According to Rutgers' Professor Cary Cherniss, executives who became president of a company as opposed to being passed over for a promotion, scored ____.