Final Exam Study Guide

Chapter 1 – Self, Family, Community
Wellness vs. Health
Social Determinants of Health
Multifactorial Disease (means genes, lifestyle, and or environment contribute to disease)
Stages of Change
Family Tree
SMART Goals
Health Literacy

Chapter 2 – Mental Health
Positive Psychology
Maslow’s Hierarchy of Needs
Emotional Intelligence
Optimism
Resilience
Happiness
Major Depressive Disorders
Anxiety Disorders
Schizophrenia
Suicide (Warning signs and Risk Factors)
Addiction (Withdrawal, Tolerance, Physiological dependence, psychological dependence)
The Stress Response (General Adaptation Syndrome)
Sympathetic vs. Parasympathetic roles in Stress
Grief, Bereavement, Death, and Dying

Chapter 4 – Sleep (NEW)
REM
NREM (Know the stages)
Sleep changes over life cycle (child vs. adult vs. adolescent sleep needs)
Sleep Deprivation effects on the body
Sleep Hormone (Melatonin)
Sleep Disorders

Chapter 5 – Nutrition
Macronutrients
Micronutrients
Water consumption
Sources of Energy
Special Diet Concerns (mutual supplementation/complementary proteins)
Antioxidants
MyPlate

Chapter 6 – Fitness
Weekly Fitness Recommendations (Moderate vs. Vigorous)
Health Related vs. Skill Related
Cardiorespiratory Training Adaption Time
FITT
HIIT
Stretching Types
Warm Up / Cool Down
Heat and Cold Disorders

Chapter 7 – Body Weight and Composition
BMI Classifications
Health effects at each BMI level
Abdominal Fat vs. Hip Fat
Waist Circumferences
Thermic Effect of Food
Healthy Weight Loss

Chapters 9 & 10 (NEW) – Alcohol, Tobacco, and Drug Use and Abuse
What classifies as “one-drink”
Drunk Driving and DUI
Factors that Influence Alcohol Absorption
Drug Classifications (Inhalants, Hallucinogens, etc.)
Binge Drinking, Heavy Drinking, Moderate Drinking
Routes of Administration
Withdrawal, Tolerance, Dependence
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**Chapters 11 & 12 – Sexual Health and Reproductive Choices**
- Baby Development (where does egg come from, where does fertilization occur, etc.)
- Sex Drive Hormone for Women (Testosterone)
- Arousal Hormones (epinephrine, norepinephrine)
- Sexual Development is directed by Hormones
- Contraception choices (barrier, hormonal, fertility based, sterilization)

**Chapter 13 – Infectious Disease**
- Virulence, Vector, Reservoir
- Virus vs. Bacteria (replication speed, replication requirements i.e. does it require a host)
- Immunity (innate vs. Acquired)
- Barriers against infection

**Chapter 14 – Cardiovascular Disease, Diabetes, and Chronic Lung Disease**
- Heart Chambers
- Systemic vs. Pulmonary Circulation
- Thrombus vs. Embolism
- Heart Conditions (Congestive Heart Failure, Atherosclerosis, etc.)

**Chapter 15 – Cancer**
- Initiating Event
- Cancer Classifications and Types
- Stem Cells
- BRCA1 and BRCA2

**Chapter 18 (NEW) – Environmental Health**
- Water Availability and Sources
- Resource conservation
- Ozone
- Hazardous Waste

**Endocrine System (NEW)**
- Epinephrine, Norepinephrine
- Thyroid Hormones
- Parathyroid Hormone
- Thymus Hormones
- Sleep Hormones
- Sex Hormones

**Respiratory System**
- Tidal Volume
- Respiratory Tract Differences (Upper vs. Lower)

**Complementary and Alternative Medicine (NEW)**
- Know the pros and cons of: Acupuncture, biofeedback, homeopathy, acupressure, Chiropractic, Ayurvedic medicines, hypnosis, herbal remedies, western medicine, naturopathic medicine, conventional medicines