Final Exam Study Guide

**This guide does NOT necessarily include everything you will need to know for the exam – it is merely a list of topics help guide your studying. You will be responsible for everything that has been covered in lecture, for information from any videos that we watched or activities that we did in class, and for relevant information in the book.**

**Chapter 1: Self, Family, and Community**
- Family Health Tree
- Stages of Change Model (Transtheoretical Model of Change)
- Wellness vs. Health
- Self-Efficacy

**Chapter 2: Mental Health and Stress**
- Emotional Intelligence
- Mood Disorders
- Personality Types
- Positive Psychology
- Effects of Stress on the mind and body
- Maslow’s Hierarchy of Needs

**Chapter 4: Sleep**
- Sleep Disorders
- Sleep States (REM v. NREM)
- Stages of Sleep
- Sleep Deprivation (signs of)

**Chapter 5: Nutrition**
- Free Radicals & Antioxidants
- Importance of Glucose
- How many vitamins?
- How many minerals?
- Types of fats?
- Purpose of proteins
- Types of macronutrients

**Chapter 6: Fitness**
- How much exercise per week?
- Exercise vs. Physical Activity
- Types of stretching
- Cardiovascular training adjustments (how often)
- Health related vs. Skill related fitness
- Body types
- FITT
- THR goals
- Healthy weight loss goals (how much per week?)
- Thermic Effect of Food
- BMI categories
- Fat distribution and how it affects health

**Chapters 9&10: Alcohol, Tobacco, and Drugs**
- What is “one-drink”
- How many ounces of alcohol can the liver remove per hour?
- Most common drug for people over 12
- Routes of Drug Administration
- Drug Categories


**Chapters 11&12: Sexual Health and Reproductive Choices**

External and Internal Genitalia (Male and female)
Role of hormones in development and sex drive/arousal
Where are eggs produced?
Where does a fetus grow?
Types of contraception
Types of fertility treatment
Stages of labor

**Chapter 13: Cancer**

Common STI’s
How to prevent infectious diseases
Virulence
Vector
Which pathogen requires a host?

**Chapter 14: Cardiovascular Health, Diabetes, and Lung Diseases**

Embolism vs. thrombosis
TIA
Stroke
CHF
Systemic vs. pulmonary circulation
Optimal Blood Pressure
Types of Diabetes

**Chapter 15: Infectious Diseases**

Recommended SPF
What determines the type of cancer?
Types of skin cancer
Lymphoma
Leukemia

**Chapter 17: Complementary and Alternative Medicine**

Naturopathy vs. Homeopathy
Western Medicine vs. Complementary Medicine
Integrative Medicine
Ayurveda

**Supplements:**

Sleep Hormones (Endocrine)
Sex Hormones (Endocrine)
Acquired vs. Innate Immune System (Immune)
Types of Bones (Musculoskeletal)
Where does digestion begin (Digestive)