Health Science 1 – Exam 3 Study Guide

**Disclaimer**

This sheet does NOT necessarily include everything you will need to know for the exam—it is merely a list of topics to 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. **Use this guide IN ADDITION TO the Exam 3 Worksheet.** If you do not bring a scantron and a pencil, you will not be permitted to take the exam NO EXCEPTIONS!

Sleep (Chapter 4)

- Effects of sleep deprivation
- Hormones associated with sleep
- Role of the Suprachiasmatic Nuclei (SCN)
- REM vs. NREM
- Stages of NREM
- How many sleep cycles per night?
- Characteristics of Insomnia
- Characteristics of Sleep Apnea
- Characteristics of Night Eating Syndrome and Sleep Related Eating Disorder
- Causes of sleepwalking
- Sleep friendly environment

Mental Health & Stress (Chapter 2) and Nervous System

- Positive Psychology
- Maslow’s Hierarchy of Needs
- Emotional Intelligence
- Characteristics of Mentally Healthy People
- Self-Efficacy
- Resilience
- Characteristics of Depression
- What are the Mood Disorders?
- What are the Anxiety Disorders?
- Addiction
- What are the Psychotic Disorders?
- Signs of suicide
- Branches of the Nervous System and roles of each branch
- What is stress? Consequences of it? Signs of it?
- General Adaptation Syndrome
- Personality types
- Stress management options
- Tolerance
Sensory Systems

- What are the 5 senses?
- What are the 5 tastes (gustations)?
- What is fast pain, slow pain, and referred pain?
- What are the somatic sensations?
- Common vision problems

Respiratory System

- Upper vs. lower respiratory tract anatomy and functions
- Lung Volumes
- Lung Disorders
- Internal, external, and cellular respiration
- Tidal volume
- Residual volume