Chapter 1: Health in a Changing Society

- Define terms Health and Wellness, including a list and brief description of the 7 dimensions of Wellness
- Discuss the Ecological Model of health and wellness
- Describe the wellness continuum, and how to strive toward vitality and wellness even in a diseased state
- Briefly discuss how socioeconomic status is related to health outcomes (rates of mortality and morbidity)
- Stages of Change model for behavior change – list and describe all the stages, the individual’s role/state of mind in each stage, and how this model is helpful for individuals in making changes to their health-related behavior. Include a brief discussion on Relapse.
- Discuss other factors that promote healthy behavior change, such as self-efficacy, locus of control, role models, supportive people, and strong motivation
- Describe what fuels motivation and which types of rewards are more powerful in the long-run.
- What are the steps in a behavior change plan? Include in your explanation a description of SMART goals and the importance of identifying benefits, challenges, and positive enablers

Chapter 2: Family Health History

- Why is it important to understand as best you can your family’s health history? What can you personally learn about your family’s health history that might help you recognize your own health risks?

Chapter 3: Nervous System

- Main divisions and sub-divisions of the nervous system and components of the Central Nervous System
- Name major divisions of the brain and their basic functions: Forebrain, includes the hypothalamus (regulates homeostasis, “thermostat”) and the pituitary gland (the “Master Gland”); Midbrain (dopamine release, here’s where you find part of that Pleasure-Reward Circuit and its dopamine-releasing neurons); Hindbrain (autonomic/vital functions, balance, coordination, motor learning)
- Define and describe the meninges and the subarachnoid space
- Describe functions and effects of the sympathetic and parasympathetic pathways
- Describe the structure of a neuron
- Explain the significance of the action potential (electrical signal) and the process of the electrical signal transmitting to a chemical signal (NT) in a neuron
- Describe how neurons communicate with each other (NT release and binding on post-synaptic membrane)

Chapter 3: Mental Health

- List, briefly describe, and give examples of the 6 Virtues found on page 41
- Describe Maslow’s Hierarchy of Needs
- What can people who are “emotionally intelligent” do/be?
- Briefly define mood disorders and anxiety disorders and give a couple examples of each
- Briefly define psychotic disorders, including schizophrenia
- Discuss the relationship between mental disorders and suicide
- Define stress, stressor, stress response, eustress, and distress
- Discuss the three components of the stress response – physical, emotional, behavioral
- Which neural pathway controls the stress response?
- What are some effective stress management strategies, especially those we practiced in class?
Chapter 4: Spirituality
- Understand spirituality as a person’s connection to self, significant others, and the community
- Discuss a person’s value system or belief system and the role it plays in our spiritual wellness
- Define the three components of “happiness” as discussed in class.
- List ways of enhancing your spirituality by looking inward and by looking outward.

Chapter 5: Endocrine System and Sleep
- Define the endocrine system and its components
- Define sleep and sleep deprivation
- Describe the health effects of sleep with regard to growth, immune function, learning, and quality of life
- Describe what makes us sleep, including the roles of the SCN, the pineal gland, and the hormone melatonin
- Describe the structure (stages) of sleep, including brain activity and physical changes during the sleep cycle.
- Describe the general pattern of sleep cycles over one full night’s sleep (8 hours).
- Identify tips for getting a good night’s sleep

Chapter 11: Sensory Systems, Addictive Behavior, Drugs
- Briefly describe the retina and its function
- Briefly describe the outer, middle, and inner ear
- Explain how the inner ear functions to sense sound vibrations
- Explain how the inner ear functions to maintain balance during movement
- Define the terms: drug, drug misuse, drug abuse, dependence, tolerance, withdrawal
- Describe how most drugs affect brain chemistry – particularly referring to the three brain structures that comprise the Pleasure and Reward Circuit and the role of dopamine in this process
- List the effects on the brain and body functioning of stimulants, depressants, Opioids, hallucinogens, inhalants, and Cannabinoids

Chapter 10: Understanding Alcohol Use
- Briefly discuss the relationship between drinking at an earlier age and drinking behavior in college
- Define “one drink”, binge drinking, alcohol metabolism, alcohol absorption, hangover
- How psychosocial factors and socio-cultural/environmental factors can lead to a drinking problem
- Identify physical, social, academic, or legal consequences of drinking, especially among college students
- Describe the pathway that alcohol takes once it enters the body
- Understand what affects the absorption and metabolism of alcohol in the body and gender differences
- Describe the effects of alcohol on the body, including impaired functions relative to BAC levels
- Understand how alcohol dependence and alcoholism differ from alcohol abuse/problem drinking

Chapter 10: Respiratory System and Understanding Tobacco Use
- Identify the basic structures/components and functions of the respiratory system
- Identify the #1 Leading Preventable Cause of Death
- Explain how tar, carbon monoxide, and nicotine are harmful substances in tobacco
- Identify why people smoke and short-term and long-term effects of tobacco use
- Identify special health risks of tobacco use for men and for women
- Define environmental tobacco smoke and its health dangers
- Identify viable quitting and treatments options and the immediate and long-term benefits of quitting