

Health Final Exam Review

- **Types of Health**
 - Physical – How well your body functions
 - Mental – How well you cope with everyday daily activities
 - Social – How well you get along with others
- **Personality Types**
 - Optimist
 - Pessimist
 - Assertive
 - Aggressive
 - Passive
 - A – Competitive, rushed, time oriented
 - B - Not competitive, laid back, not time oriented, not as organized
- **Warning signs of suicide (know 5)**
 - Direct statement
 - Indirect statement
 - Depression
 - Change in sleeping patterns
 - Loss of interest in sports/ hobbies
 - Giving away prized possessions
 - Previous suicide attempt
- **How to help a suicidal person**
 - Take them seriously
 - Be direct
 - Never give advice
 - Never keep secrets
 - Never convince them to commit suicide
- **What is a drug?**

A drug is any substance that causes physical or emotional change
- **Should the US spend tax dollars on drug prevention programs? (opinion)**
- **Should high school athletes be tested for drugs? Details... (Opinion)**
- **Are alcohol and tobacco drugs? Give proof (see above)**

- **How to maintain a healthy body and reproductive system**

- Eat a healthy diet
- Exercise regularly
- Keep clean
- Self examination of breasts/ testes

- **Who should be parents? / Qualities of a good parent**

- Those who are financially stable
- Responsible
- Enjoy children
- Have a loving stable relationship with significant other

- **Effects of teen Pregnancy**

- Dropping of school
- Financial problems
- No support (missing a mother or father)

- **Facts and myths about HIV**

Facts	Myths
<ul style="list-style-type: none"> • Not airborne • Spread from unprotected sexual contact, bodily fluids, and needles • Can be passed on to a child that is born 	<ul style="list-style-type: none"> • You can get it from mosquito bites, hugging, kissing.

- **Which birth control method is most effective for teens and why?**

- Condoms because they are effective against many STDs and are effective in preventing pregnancy.

- **List two eating disorders and their signs**

- Anorexia – Starving and not eating because of an intense fear of being fat. Signs include: rapid weight loss, obsession with exercise, use of laxatives, obsessed with food and calories.
- Bulimia – Binge eating and self induced vomiting. Signs include: frequent trips to bathroom after meals, rotten teeth (stomach acid)

- **Should vending machines be allowed in schools? (Opinion)**

- **Five examples why people should exercise**

- Boosts self esteem (releases endorphins)
 - More energy
 - Sleep better
 - Increases metabolism
 - Decreases cholesterol.
- **Create a menu for the following dietary needs**
 - Weight loss – low calories, low fat, low carbs
 - Vegetarian – no meat or animal products
 - Build muscle – Protein (meats, beans)

Extra Credit

Theories of personality

Freud – Each personality has three parts, id, ego and superego.

Erikson – Eight stages of personality development. Personality influenced from childhood to death

Maslow – “Self Actualization” Need to carry out basic needs first...