

1. Describe the medical, environmental, and holistic models of health.
2. Describe physical wellness.
3. Here in Micronesia, how does one get Type 2 adult onset diabetes?
4. On the twelve dimension wellness wheel you completed in class, why would a larger but uneven wheel be better than a smaller, evenly round wheel?
5. What is the autonomic nervous system?
6. What is the function of the immune system?
7. Define psychosomatic illness.
8. Describe image visualization.
9. Define the following terms:

- a. Stress
- b. Stressor
- c. Eustress
- d. Distress

10. Describe music relaxation therapy as experienced in class and what music therapy is intended to treat.

11. How does social support affect stress?

12. Why would emotion-focused coping be a better option than problem-focused coping for a rape survivor dealing with posttraumatic stress disorder as a result of the assault?

13. List a coping mechanism for overload.

14. Describe Maslow's hierarchy of needs.

15. Explain the role of positive emotions in mental health.

16. Adult onset diabetes is diagnosed when one's fasting blood sugar (FBS) level exceeds 140. A now deceased colleague was hospitalized with an FBS of 400. When I visited him in the hospital he laughed and said, "My blood sugar is 400, but I am not diabetic!" What defense mechanism was he using?

17. List the guidelines for good sleep hygiene.

18. Describe the MyPlate dietary guidelines and recommendations



19. Which of these boxes of milk is healthier for you and why?

Label A

Nutrition Facts	
Serving Size 1 cup (245g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	• Vitamin C 0%
Calcium 30%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Label B

Nutrition Facts	
Serving Size 1 cup (244g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 100mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 10%	• Vitamin C 0%
Calcium 30%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

20. Food has seven components. What are the roles of the following four components in the body?

e. Proteins:

f. Carbohydrates:

g. Lipids (fats):

Water:

21. Of the above four, which component may contribute to high levels of cholesterol, heart disease, some cancers, and obesity?

22. Among nations of the world ranked from most obese to least obese as measured by Body Mass Index and seen in the film *Ten Fattest Countries in the World*, what is the rank of Micronesia?

23. According to the Al Jazeera 101 East program *An Ocean Divided*, what disease is affecting Tongans as young as 19 years old?

24. At the time this test was written, a former faculty member and the wife of another

faculty member were in the hospital with complications of kidney failure associated with what disease?

25. What is your Body Mass Index (BMI)?

26. Is your body mass index healthy?

27. Over a five year period, what tends to happen to those who diet to lose weight (Explain why calorie-restriction weight loss regimens fail)?

28. What is the best way to lose excess weight?

29. The movie *The Tarahumara – A Hidden Tribe of SuperAthletes Born to Run* argues that we are born to run and born to run barefoot. What evidence does the movie cite that we are born to run and should run barefoot?

30. List some characteristics and capabilities of muscles that are trained to produce anaerobic efforts.

31. List some characteristics and capabilities of muscles that are trained to produce aerobic efforts.

32. Short track sprint stars depend on which of the two muscle capabilities: anaerobic or aerobic energy burning?

33. Long distance road runners depend on which of the two muscle capabilities: anaerobic or aerobic energy burning?

34. For cardiorespiratory fitness the textbook discusses a target heart zone rate. A week

ago on Friday you calculated your target heart rate. On Monday Lee Ling noted that when you are exercising you cannot easily determine what your heart rate is. To determine if one is working out at their peak heart-lung benefit rate, what did Lee Ling suggest?

35. People with a heart condition can exercise but only under what conditions and restrictions?

36. Define *overuse injuries*.

37. What are heat cramps?

38. What is heat exhaustion?

39. What is heat stroke?

40. Sexuality has five dimensions. Define the following dimensions:

h. Physical anatomy dimension:

i. Psychological dimension:

j. Sexual orientation:

k. Behavioral dimension:

l. Relationship dimension:

41. List the major parts of the female reproductive anatomy:

42. List the major parts of the male reproductive anatomy:

43. What is premenstrual dysphoric disorder?

44. What is orgasm?

45. According to a survey of the class, what issue is a problem in the relationship dimension?

46. How soon after fertilization can a pregnancy test kit detect a pregnancy?

47. List the health habits that a woman should follow during pregnancy – what can she have, what can she not have, what things should she do or not do.

48. What is a c-section?

49. Can a woman get pregnant while she is breastfeeding?

50. According to a survey of the class, what are the four most common methods of fertility control (birth control) being used?

51. What are the only two forms of fertility control that can prevent or reduce the risk of the transmission of sexually transmitted diseases?

52. When using the calendar rhythm method, from what day to what day of the menstrual cycle must intercourse be avoided?

53. What is the failure rate for the calendar rhythm method?

54. What are the most common forms of sexually transmitted diseases here in the Federated States of Micronesia?

55. Genital herpes is sometimes called “the gift that keeps on giving” – what is it about genital herpes that would lead to this saying?

56. Can you get HIV/AIDS here in Micronesia?

57. According to a study cited in class, what is the problem with relying on the faithfulness of a monogamous partner as a way to avoid sexually transmitted diseases.

58. Based on the material in part four, define the following terms:

m. Pathogen

n. Vector

o. Immune system

p. Autoimmune diseases

q. Benign tumor

r. Malignant tumor

s. Metastasis

t. Coronary heart disease

u. Atherosclerosis

v. Stroke

w. Genes

x. Chromosomes

y. Achromatopsia

59. How do antibiotic resistant strains of bacteria develop?

60. What are the implications in your lifetime for antibiotic resistant bacteria?

61. What are the sources of leptospirosis on Pohnpei?

62. How do you get leptospirosis?

63. What are the initial symptoms of leptospirosis?

64. Has leptospirosis caused any fatalities in Micronesia?

65. What is the vector for Lyme disease?

66. What is the vector for dengue fever in Kosrae and West Nile Virus in the United States?

67. For a Kosraean who has had dengue fever in Kosrae, what medical condition could occur if they move to the United States and contract West Nile Virus there?

68. What is the lymph system?

69. What is the hygiene hypothesis?

70. How does the hygiene hypothesis relate to the development of allergies and asthma?

71. List some of the factors here in Micronesia that contribute to the development of cancers.

72. How is obesity related to cancer?

73. What is a pap smear test, what does it test for, and when should a woman start getting pap smears?

74. What is a mammogram, what does it test for, and when should a woman start getting mammograms?

75. In "The Last Heart Attack" Dr. Sanjay Gupta learned about a diet that has been shown to reduce and remove plaque in the coronary arteries. What foods must one avoid on this diet?

76. Below what number should one's total blood cholesterol be?

77. Below what two numbers should one's blood pressure be?

78. What role does stress play in heart attacks?

79. For what medical risk do doctors now sometimes recommend red wine?

80. How much red wine and how often?

81. What type of disease is achromatopsia?

82. How does one get achromatopsia?

83. Based on the material in part five, define the following terms:

z. drug

aa. medicine

ab. drug receptor

ac. withdrawal

ad. emphysema

ae. binge drinking

af. ethyl alcohol

ag. proof

ah. alcoholism

ai. bender

aj. codependency

ak. denial

al. enabling

am. herbal medicine

an. traditional healer

ao. agism

ap. average life span

aq. advance directive

ar. calorie restriction

as. sirtuin genes

at. telomeres

au. telomerase

av. resveratrol

aw. Telomeracelynn

84. According to material in the book and covered in class, what drug has the most potential for addiction (the most addictive drug)?

85. Are stimulants such as coffee addictive?

86. What type of drug is sakau?

87. In Weezer's song *We are all on drugs*, what did Weezer mean by "we are all on drugs"?

88. In Habitat Hawaii True Stories of Addiction to Crystal Methamphetamine Christa talked about her addiction. What did she say caused her to become addicted to drugs?

89. What are the hazards of cigarette smoking?

90. What are the hazards of smokeless tobacco (chewing tobacco)?

91. What are the health hazards to non-chewer, to the public, that are caused by chewers of betelnut with tobacco?

92. Explain the negative health effects of alcohol on the body.

93. Discuss the effects of alcohol on behavior, including sexual behavior.

94. Describe how alcohol abuse affects the family.

95. What is fetal alcohol syndrome and under what conditions should a women avoid alcohol to prevent fetal alcohol syndrome?

96. Why does the placebo effect complicate the study of whether herbal medicines are effective?

97. Discuss the reasons why some people choose an alternative medicine in addition to, or instead of, modern medicine.

98. Under what circumstances might local, traditional medicine be more appropriate than "western" modern medicine?

99. Under what circumstances might "western" modern medicine be more appropriate than local, traditional medicine?

100. In a film on aging 87 year old Dorothy spoke about the value of boasting about your age. What did she mean by this?

101. Life is the process of dying. Good health is dying slowly. Describe some of the biological changes that occur with aging.

102. What impact does physical exercise have on aging?