

SC 101 Health Science. Name:

1. Briefly define the following terms:

- a. Stressor
- b. Pathogen
- c. Vector
- d. Immune system
- e. Autoimmune diseases
- f. Diabetes
- g. Metastasis
- h. Atherosclerosis
- i. Stroke
- j. Genes
- k. Achromatopsia
- l. drug receptor
- m. emphysema
- n. alcoholism
- o. denial
- p. enabling
- q. herbal medicine
- r. traditional healer
- s. agism
- t. advance directive
- u. calorie restriction
- v. sirtuin genes
- w. resveratrol

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2. What is Type 2 adult onset diabetes?

3. What is the function of the immune system?

4. Explain the difference between emotion-focused coping and problem-focused coping.

5. Describe Maslow's hierarchy of needs.

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

7. List the guidelines for good sleep hygiene.

8. Describe the MyPlate dietary guidelines and recommendations



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

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

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

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

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

14. To run distances such as a half-marathon, is Lee Ling using anaerobic or aerobic muscles?

15. For cardiorespiratory fitness the textbook discusses a target heart zone rate. Lee Ling noted that when you are exercising you cannot easily determine what whether your heart rate is in the target zone for optimal cardiovascular benefits. To determine if one is working out at their optimal heart-lung benefit rate, what did Lee Ling suggest?

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

17. What is heat stroke?

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18. What is premenstrual dysphoric disorder?

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

20. 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.

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

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

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

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

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

26. 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.

27. How do antibiotic resistant strains of bacteria develop?

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

29. What are the sources of leptospirosis on Pohnpei?

30. What are the initial symptoms of leptospirosis?

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

32. What is the hygiene hypothesis?

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

34. How is obesity related to cancer?

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

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

37. 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?

38. Below what number should one's fasting blood sugar be?

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

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

41. What role does stress play in heart attacks?

42. What type of drug is sakau?

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

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

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

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

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

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

49. What impact does physical exercise have on aging?

50. How old is Professor Lee Ling?