

Health – Final Exam REVIEW

General Health

Health / Wellness

The health triangle and how it is interrelated

What are risk factors? Cumulative risks?

Refusal Skill Strategies

Health Skills: communication, refusal, conflict resolution, accessing information, analyzing influences, practicing healthful behaviors, stress management, advocacy, decision making, and goal setting

What are some important things to look for when online shopping?

What agencies protect consumers?

What is health fraud? Quackery?

Healthy People 2010



First Aid and Safety

First Aid basics

Fire Safety

Automobile Safety

When do you call 911?

The 3 C's of emergency response

First aid for Bleeding - Injuries and treatments for each (laceration, abrasion, puncture and avulsion)

First Aid for fractures, sprains, strains, concussions, and poisons.

Describe Shock and its treatment

P.R.I.C.E.

Identify basic safety rules for computer/internet use. What is cyberbullying?

Fitness

Know about the 5 areas or components of fitness and how to train them.

- Cardio-respiratory endurance
- Muscular Strength
- Muscular Endurance
- Flexibility
- Body Composition

Why is physical exercise important? What does it do? What are the recommended number of minutes that you should exercise each day?

Aerobic? Anaerobic?

What is progression? What is overload? Why is it important to warm-up? Cool-down?

What does caloric balance mean?

Osteoporosis

What factors in our society contribute to obesity?

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Sandy Fritz, Luke Allen Fritz

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