

Question 1

When lifting weights, you should breathe out as you lift the weight.
Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684853>

Question 2

Russ was on his way to Florida for spring break when he encountered a hailstorm. What should he have done given the road conditions?

- A) Closely followed the car in front of him so he could see the tail lights
- B) Sped up to get through the storm quickly
- C) Slowed down to adjust for wet pavement and reduced visibility
- D) Made calls from his cell phone to check the storm forecast

Answer: <https://biology-forums.com/index.php?topic=685590>

Question 3

Which of the following occupations is most likely to cause carpal tunnel syndrome?

- A) Using a computer keyboard regularly
- B) Driving a truck
- C) Operating large machinery
- D) Working in a mine

Answer: <https://biology-forums.com/index.php?topic=685605>

Question 4

The primary difference between dynamic and static muscular endurance is

- A) dynamic endurance requires higher intensity training.
- B) dynamic endurance requires movement.
- C) dynamic endurance does not fatigue a muscle.
- D) static endurance does not fatigue a muscle.

Answer: <https://biology-forums.com/index.php?topic=684794>

Question 5

Having a negative body image can affect

- A) a person's risk for developing an eating disorder.
- B) the way a person eats.
- C) the way a person feels.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684911>

Question 6

Many victims of violent crime know their attacker.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685642>

Question 7

Whole grains are classified as starches, and processed grains are classified as sugars.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684754>

Question 8

Which of the following supplies the most energy?

- A) A food that contains 10g of fat, 3g of protein, and 10g of carbohydrate
- B) A food that contains 10g of carbohydrate, 10g of protein, and 3g of fat
- C) A multivitamin with 600mg of calcium and B-complex
- D) A 120-calorie protein drink

Answer: <https://biology-forums.com/index.php?topic=684708>

Question 9

Essential nutrients are nutrients produced by the body.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684750>

Question 10

Which of the following is true of men and depression?

- A) Men are more likely than women to seek treatment for depression.
- B) Men do not experience any physical effects of depression.
- C) Men are more likely to turn to drugs and alcohol to deal with depression than women.
- D) Men with depression are less likely to contract heart disease.

Answer: <https://biology-forums.com/index.php?topic=684561>

Question 11

Exercise can prevent type 2 _____ by increasing the body's ability to use insulin.

Answer: <https://biology-forums.com/index.php?topic=684861>

Question 12

Noise pollution that can cause hearing loss begins at

- A) 50 decibels.
- B) 60 decibels.
- C) 85 decibels.
- D) 110 decibels.

Answer: <https://biology-forums.com/index.php?topic=685721>

Question 13

Effects of a hangover do not last longer than 12 hours after the drinking has stopped.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685114>

Question 14

What daily choices contribute to your carbon footprint?

Answer: <https://biology-forums.com/index.php?topic=685761>

Question 15

Recall Andrea's Student Story from the chapter. Andrea gave up marijuana because

- A) she was arrested.
- B) she had a very bad experience after smoking a joint laced with PCP.
- C) her boyfriend left her because of her drug use.
- D) she spent all of her money on pot and ended up broke.

Answer: <https://biology-forums.com/index.php?topic=684996>

Question 16

Conventional medicine can be referred to as all of the following except

- A) allopathic medicine.
- B) Western medicine.
- C) complementary medicine.
- D) evidence-based medicine.

Answer: <https://biology-forums.com/index.php?topic=685515>

Question 17

Compare and contrast drinking patterns among Caucasians, African Americans, Native Americans, Asian Americans, and Hispanics as reported in a recent national survey conducted by The Substance Abuse and Mental Health Services Administration.

Answer: <https://biology-forums.com/index.php?topic=685139>

Question 18

The motivational component of Sternberg's triangular theory of love is _____.

Answer: <https://biology-forums.com/index.php?topic=685202>

Question 19

All the following information is listed on a food label except

- A) calories per serving.
- B) fat calories per serving.
- C) percentage of vitamins, antioxidants, phytochemicals, and minerals per serving.
- D) percentage of daily values per serving.

Answer: <https://biology-forums.com/index.php?topic=684736>

Question 20

The majority of preventable accidents in college-aged adults can be attributed to alcohol.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685100>

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