

### Question 1

What is the name of the symbol on a supplement label that means the product meets minimum safety and purity standards?

- A) USP
- B) UPS
- C) FDA
- D) GOV

Answer: <https://biology-forums.com/index.php?topic=685512>

### Question 2

When Janet pours herself a glass of wine at home, she fills a wine glass that can hold 8 ounces to the top. This is equivalent to one serving of wine. Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685108>

### Question 3

The prescription drugs most commonly misused by college students are

- A) sedatives.
- B) painkillers.
- C) stimulants.
- D) antidepressants.

Answer: <https://biology-forums.com/index.php?topic=684989>

### Question 4

Which of the following is not a central nervous system stimulant?

- A) Caffeine
- B) Ritalin
- C) Cocaine
- D) LSD

Answer: <https://biology-forums.com/index.php?topic=684997>

### Question 5

Choose a lower calorie option for each of the following food items: 1/3lb burger on a bun, large order of fries, and a 24 oz cola.

Answer: <https://biology-forums.com/index.php?topic=684958>

### Question 6

Factors that have been linked to higher rates of violent crime include all the following except

- A) Poverty
- B) Drugs and alcohol
- C) Aging
- D) Stress

Answer: <https://biology-forums.com/index.php?topic=685612>

### Question 7

Brain \_\_\_\_\_ is a person's ability to meet the cognitive requirements and demands of daily life, such as problem solving and memory recall.

Answer: <https://biology-forums.com/index.php?topic=685845>

### Question 8

Menarche marks the onset of \_\_\_\_\_.

Answer: <https://biology-forums.com/index.php?topic=685303>

### Question 9

Learning how to deal with and resolve disagreements is known as \_\_\_\_\_ resolution.

Answer: <https://biology-forums.com/index.php?topic=685197>

### Question 10

High blood pressure is twice as common in obese adults.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=684926>

### Question 11

More expensive, specialized bike helmets are safer than standard bike helmets.  
Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685637>

### Question 12

Based on David's Student Story, which is about cardiorespiratory fitness, he needs to adjust his exercise routine in order to improve his cardiorespiratory fitness. Which of the following principles of fitness training should he pay particular attention to when making changes to increase his cardiorespiratory fitness?

- A) Principle of specificity
- B) Principle of reversibility
- C) Principle of individuality
- D) Principle of overload

Answer: <https://biology-forums.com/index.php?topic=684810>

### Question 13

When relationships end, all of the following are recommended except

- A) keep busy.
- B) talk about it.
- C) focus on what you did wrong.
- D) let your emotions out and allow yourself to cry.

Answer: <https://biology-forums.com/index.php?topic=685167>

### Question 14

Pushing against a wall as part of resistance training is an example of

- A) isometric exercise.
- B) isotonic exercise.
- C) isokinetic exercise.
- D) All of the answers are correct.

Answer: <https://biology-forums.com/index.php?topic=684818>

### Question 15

Risk factors for lung cancer include all the following except

- A) exposure to second-hand smoke.
- B) a history of smoking.
- C) exposure to asbestos.
- D) a family history of allergies and asthma.

Answer: <https://biology-forums.com/index.php?topic=685465>

### Question 16

List five suggestions from the Dietary Guidelines for Americans for a better dietary intake.

Answer: <https://biology-forums.com/index.php?topic=684784>

### Question 17

If Lyme disease goes untreated it can lead to permanent neurological problems.

Is this statement TRUE or FALSE?

Answer: <https://biology-forums.com/index.php?topic=685388>

### Question 18

Couples who cohabitated before marriage

- A) experience lower rates of depression.
- B) experience higher rates of infidelity.
- C) experience higher rates of marital satisfaction.
- D) experience lower rates of divorce.

Answer: <https://biology-forums.com/index.php?topic=685169>

### Question 19

The two most important dietary considerations for athletes are

- A) meeting energy needs and consuming fluids.
- B) consuming at least two grams of protein per kg of body weight and doubling caloric intake.
- C) supplementing the diet with protein shakes and taking vitamin supplements.
- D) eating several small meals daily and consuming electrolyte replacement drinks.

Answer: <https://biology-forums.com/index.php?topic=684739>

## Question 20

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>