

Question 1

Mild symptoms of illness occur _____ after HIV enters the body.

- A) 1 week
- B) 1-3 months
- C) 5-7 years
- D) 3 days

Answer: <https://biology-forums.com/index.php?topic=339932>

Question 2

An open sore located at the site of a syphilis infection is known as what?

Answer: <https://biology-forums.com/index.php?topic=339944>

Question 3

The most important aspect of footwear is

- A) proper fit.
- B) color scheme.
- C) cost.
- D) brand.

Answer: <https://biology-forums.com/index.php?topic=338712>

Question 4

Your friend plays on the intermural soccer team. You notice one week that she is spending more time than usual running in the mornings and practicing kicking goals in the afternoon. When you ask about her intensity, she explains that she has a big game coming up and that she is determined to win. Which of the following is her chief motivation for exercise?

- A) competition
- B) socializing
- C) losing weight
- D) having fun

Answer: <https://biology-forums.com/index.php?topic=338732>

Question 5

Which of the following decreases as the result of cardiorespiratory training?

- A) maximal oxygen consumption
- B) resting heart rate
- C) left ventricular volume
- D) fat use for energy in exercise

Answer: <https://biology-forums.com/index.php?topic=338847>

Question 6

Which of the following is a component of emotional wellness?

- A) proper nutrition
- B) good self-esteem
- C) regular physical activity
- D) regular medical exams

Answer: <https://biology-forums.com/index.php?topic=338522>

Question 7

Which type of sprain involves a complete tearing or rupturing of the ligament or joint structures?

Answer: <https://biology-forums.com/index.php?topic=338895>

Question 8

A vitamin that aids blood clotting is

- A) vitamin A.
- B) vitamin D.
- C) vitamin K.
- D) niacin.

Answer: <https://biology-forums.com/index.php?topic=339322>

Question 9

The "m" in the "SMART" system for setting goals stands for which of the following?

- A) mandatory
- B) measurable
- C) manageable
- D) memorable

Answer: <https://biology-forums.com/index.php?topic=338597>

Question 10

A drug that depresses the central nervous system is

- A) heroin.
- B) cocaine.
- C) caffeine.
- D) methamphetamine.

Answer: <https://biology-forums.com/index.php?topic=339885>

Question 11

The acronym FITT stands for

- A) fitness, inertia, training, and toning.
- B) fast, isolated, trunk, and triceps.
- C) frequency, intensity, time, and type.
- D) free weights, isolated exercises, traditional, training.

Answer: <https://biology-forums.com/index.php?topic=338977>

Question 12

The ability to have satisfying interpersonal relationships is which of the following?

- A) intellectual wellness
- B) spiritual wellness
- C) physical wellness
- D) social wellness

Answer: <https://biology-forums.com/index.php?topic=338520>

Question 13

Substances capable of creating auditory or visual distortions and heightened states are known as

- A) hallucinogens.
- B) stimulants.
- C) depressants.
- D) anesthetics.

Answer: <https://biology-forums.com/index.php?topic=339889>

Question 14

Diabetes is characterized by the inability to properly produce or use

- A) insulin.
- B) red blood cells.
- C) blood sugar.
- D) platelets.

Answer: <https://biology-forums.com/index.php?topic=339722>

Question 15

The process of revealing one's inner thoughts, feelings, and beliefs to another person is known as

- A) active listening.
- B) commitment.
- C) self-care.
- D) self-disclosure.

Answer: <https://biology-forums.com/index.php?topic=339967>

Question 16

A state of physiological equilibrium is known as which of the following?

- A) eustress
- B) distress
- C) allostasis
- D) homeostasis

Answer: <https://biology-forums.com/index.php?topic=339557>

Question 17

The Patient Protection and Affordable Care Act of 2010

- A) removed lifetime caps on benefit payouts for student health coverage.
- B) instituted lifetime caps on benefit payouts for student health coverage.
- C) mandated that all students remain on their parents' insurance.
- D) outlawed college students from being on their parents' insurance.

Answer: <https://biology-forums.com/index.php?topic=339982>

Question 18

Approximately what percentage of individuals who try dieting regains the weight within two years or less?

- A) 75%
- B) 50%
- C) 33%
- D) 10% or fewer

Answer: <https://biology-forums.com/index.php?topic=339454>

Question 19

Hyperglycemia can damage which of the following?

- A) bronchi
- B) nerves
- C) hearing
- D) joints

Answer: <https://biology-forums.com/index.php?topic=339733>

Question 20

Which factor has the least impact on designing an exercise program?

- A) age
- B) weight
- C) current fitness level
- D) gender

Answer: <https://biology-forums.com/index.php?topic=338713>