

Question 1

Underweight is defined as a BMI of

- A) <30
- B) <24.9
- C) <18.5
- D) <12.2

Answer: <https://biology-forums.com/index.php?topic=339394>

Question 2

Which of the following offers the most effective protection against STIs?

- A) lambskin condoms
- B) condoms used with petroleum jelly
- C) condoms lubricated with nonoxynol-9 spermicides
- D) plain latex condoms

Answer: <https://biology-forums.com/index.php?topic=339940>

Question 3

Weight training is also known as what?

Answer: <https://biology-forums.com/index.php?topic=338753>

Question 4

The stage of HIV in which CD4 cells are destroyed is called the _____ stage.

- A) secondary
- B) primary
- C) asymptomatic
- D) early to mid

Answer: <https://biology-forums.com/index.php?topic=339926>

Question 5

Cortisol is secreted by which bodily source?

- A) the hypothalamus
- B) the pituitary gland
- C) the thyroid gland
- D) adrenal glands

Answer: <https://biology-forums.com/index.php?topic=339539>

Question 6

Tangible rewards are known as what?

Answer: <https://biology-forums.com/index.php?topic=338755>

Question 7

Having a limited range of motion is known as what condition?

Answer: <https://biology-forums.com/index.php?topic=339141>

Question 8

Obesity is defined as a BMI of

- A) 16 to 18.4
- B) 18.5 to 24.9
- C) 25 to 29.9
- D) >30

Answer: <https://biology-forums.com/index.php?topic=339399>

Question 9

A piece of equipment that can be used to increase flexibility and muscle action via vibration is known as what?

Answer: <https://biology-forums.com/index.php?topic=339139>

Question 10

Living intimately together without being married is known as what?

Answer: <https://biology-forums.com/index.php?topic=339999>

Question 11

Other than obesity, life expectancy is lowest in which weight category?

Answer: <https://biology-forums.com/index.php?topic=339512>

Question 12

A form of lipoprotein known as "bad cholesterol" is what?

Answer: <https://biology-forums.com/index.php?topic=339382>

Question 13

HSV-1 can produce sores in or around

- A) the mouth only.
- B) the penis or vulva only.
- C) the mouth and the vulva only.
- D) the mouth, penis, and vulva.

Answer: <https://biology-forums.com/index.php?topic=339909>

Question 14

Which STI is known as a yeast infection?

- A) syphilis
- B) candidiasis
- C) herpes
- D) HPV

Answer: <https://biology-forums.com/index.php?topic=339937>

Question 15

Overweight is defined as a BMI of

- A) 16 to 18.4
- B) 18.5 to 24.9
- C) 25 to 29.9
- D) >30

Answer: <https://biology-forums.com/index.php?topic=339397>

Question 16

A factor that lowers the risk for pancreatic cancer is

- A) being over 45.
- B) smoking.
- C) being female.
- D) a diet high in fat.

Answer: <https://biology-forums.com/index.php?topic=339814>

Question 17

Which of the following kills more young adults than almost all other causes combined?

- A) HIV
- B) suicide
- C) accidents
- D) homicide

Answer: <https://biology-forums.com/index.php?topic=338544>

Question 18

What coupled with poor nutrition can lead to life-shortening conditions such as anemia, susceptibility to disease and infection, slower recovery from illness, muscle wasting and weakness, and osteoporosis and bone fractures?

Answer: <https://biology-forums.com/index.php?topic=339510>

Question 19

Problems associated with long-term use of alcohol include

- A) shrinkage in brain size and weight.

- B) decreased cardiac output.
- C) low blood pressure.
- D) lean liver.

Answer: <https://biology-forums.com/index.php?topic=339852>

Question 20

Regular resistance training

- A) protects the body from injuries.
- B) increases blood pressure.
- C) decreases bone density.
- D) increases the risk of fracture.

Answer: <https://biology-forums.com/index.php?topic=338951>