**Question 1**

**3 / 3 pts**

Which of the following is an example of a positive health behavior?  You can select more than one answer.



Eating a balanced diet



Regular medical checkups



Expressing your feelings!



Building your self-esteem

**Question 2**

**3 / 3 pts**

Which of the following is an example of a short term goal?



Read one chapter a day



Lose 20 pounds over year



Improve grade over the semester



Improve GPA over senior year

**Question 3**

**3 / 3 pts**

The environment does not play a role in shaping personality.



True



False

**Question 4**

**3 / 3 pts**

Which of the following are signs of good emotional health?



Closed minded



High risk behavior



Respect for self and others



View change as an opportunity to learn.

**Question 5**

**3 / 3 pts**

How many hours of sleep are recommended for teenagers to have a healthy lifestyle?



8-10



6-8



6-12



5-10

**Question 6**

**3 / 3 pts**

Psychologist who organized human needs into a pyramid.



Freud



Watson



Maslow



Skinner

**Question 7**

**3 / 3 pts**

Stress involves the mind and the body reacting to everyday demands and is a natural part of life.



True



False

**Question 8**

**3 / 3 pts**

Which of the following are steps in the decision making process?  You may select more than one answer.



List options



Make a decision and act on it



State the situation



Evaluate decisions

**Question 9**

**3 / 3 pts**

Which of the following lifestyle factors will promote good health?  You may select more than one answer.



Wear a seat belt



Maintain healthy weight



Recreational drug use



Never eat breakfast

**Question 10**

**3 / 3 pts**

Health is constant and does not change.



True



False

**Question 11**

**3 / 3 pts**

The consequences of risky behaviors add up over time.



True



False

**Question 12**

**3 / 3 pts**

Why does, how you make decisions, play a role in good emotional/mental health?



You reflect on choices



Decisions do not impact health



You think than act



You recognize consequences

**Question 13**

**3 / 3 pts**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- are signals that tell your mind and body how to react.



Chemicals



Temperments



Emotions



Reactions

**IncorrectQuestion 14**

**0 / 3 pts**

What is a complex set of characteristics that make you unique?



Personality



Self-actualization



DNA



Heredity

**Question 15**

**3 / 3 pts**

People do not need to interact with other people to have good mental health.



True



False

**Question 16**

**3 / 3 pts**

Which of the following is part of your personal identity?



Goals



Interest



Belief



Talents

**Question 17**

**3 / 3 pts**

Communicating emotions effectively is key to building and maintaining healthy relationships.



True



False

**Question 18**

**3 / 3 pts**

What term refers to all the traits that were biologically passed on to you from your parents?



Heredity



Media



Attitude



Social

**Question 19**

**3 / 3 pts**

What is a chemical secreted by your glands that regulates the activities of different body cells?



Hormone



Sweat



Emotions



Impulses

**Question 20**

**3 / 3 pts**

Babies who are denied emotional attention may be stunted mentally.



True



False

**Question 1**

**3 / 3 pts**

Suicide is not a problem for teenagers.



True



False

**Question 2**

**3 / 3 pts**

People who show chronic hostile behavior are less likely to die from heart disease.



True



False

**Question 3**

**3 / 3 pts**

Everyone experiences stress. It is a normal part of life.



True



False

**Question 4**

**3 / 3 pts**

If someone jokes about suicide it does not need to be taken seriously.



True



False

**Question 5**

**3 / 3 pts**

What is a complex set of characteristics that make you unique?



Personality



Self-actualization



Heredity



DNA

**Question 6**

**3 / 3 pts**

You have control over behavior.



True



False

**Question 7**

**3 / 3 pts**

Why is it that how you make decisions play a role in good emotional/mental health?



Decisions do not impact your health.



You reflect on choices.



You think before you act.



You recognize consequences.

**Question 8**

**3 / 3 pts**

Accurately identifying what you are feeling is an important first step towards knowing how to respond in a healthy way.



True



False

**Question 9**

**3 / 3 pts**

Which of the following activities will help the recovery process when coping with disasters?



Volunteer.



Discuss feelings.



Inactivity



Eat nutritious food.

**Question 10**

**3 / 3 pts**

What are the building blocks of development that help young people grow up as healthy, caring and responsible individuals?



Good Nutrtition



Hierarchy of needs



Developmental Assets



Cognitive Processes

**Question 11**

**3 / 3 pts**

The environment does not play a role in shaping personality.



True



False

**Question 12**

**3 / 3 pts**

Modeling is a way of learning.



True



False

**Question 13**

**3 / 3 pts**

Demonstrating empathy can help build and maintain your relationships.



True



False

**Question 14**

**3 / 3 pts**

When a loss occurs, it is common and natural to experience a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which is an individual's total response to a major loss.



Depression



Grief Response



Fight or Flight Response



Stress Response

**Question 15**

**3 / 3 pts**

People who show chronic hostile behavior are less likely to die from heart disease.



True



False

**Question 16**

**3 / 3 pts**

Identifying emotions is an important first step toward knowing how to respond in a healthy way.  Match the description to the emotion being described.

**Happiness**

             

**Love**

             

**Empathy**

             

**Fear**

             

**Guilt**

             

**Anger**

             

**Hostility**

             

**Question 17**

**3 / 3 pts**

It can be difficult to ask for help in coping with mental or emotional problems.  Knowing when to ask for help is important.  When should you seek help?



Your feelings are affecting sleep.



You are beginning to use drugs and alcohol.



Friends express concern for your behavior.



You worry all the time.

**Question 18**

**3 / 3 pts**

Which of the following is part of your personal identity?



Interest



Goals



Beliefs



Talent

**Question 19**

**3 / 3 pts**

Which level of the Hierarchy of Human needs will you find self-actualization?



All of them has aspects of self-actualization.



Top



Middle



Bottom

**Question 20**

**3 / 3 pts**

Which of the following is part of your personal identity?



Goals



Interest



Belief



Talents

**Question 21**

**3 / 3 pts**

Match the vocabulary word to its definition.

**Eating Disorder**

             

**Bipolar Disorder**

             

**Clinical Depression**

             

**Post-Traumatic Stress Disorder**

             

**Question 22**

**3 / 3 pts**

Asking for help from a mental health professional does not mean that a person is weak.



True



False

**Question 23**

**3 / 3 pts**

Which of the following are signs of good emotional health?



View change as an opportunity to learn.



Respect for self and others



Closed minded



Engage in high risk behaviors.

**PartialQuestion 24**

**1 / 3 pts**

Which of the following are considered normal reactions in the grief process?



Bargaining



Remorse



Denial



Anger

**Question 25**

**3 / 3 pts**

Identify examples of how people demonstrate their personality through daily behavior.



Caring attitude.



Respect for others.



Ability to cooperate.



Listening skills.

**Question 1**

**3 / 3 pts**

What is an action you can take to strengthen your protective factors to help increase your resiliency?



Engage in high risk behavior.



Use alcohol.



Respect for self and others.



Be honest with self and others.

**Question 2**

**3 / 3 pts**

If someone jokes about suicide it does not need to be taken seriously.



True



False

It should be taken seriously.

**Question 3**

**3 / 3 pts**

Emotional overload can lead to depression or alienation, feeling isolated and separated from everyone else.



True



False

**IncorrectQuestion 4**

**0 / 3 pts**

What is the purpose of the grief process?



To reach closure.



To reach acceptance.



To forget a past event.



To suppress emotion.

**Question 5**

**3 / 3 pts**

Asking for help from a mental health professional does not mean that a person is weak.



True



False

**Question 6**

**3 / 3 pts**

Suicidal thoughts and behaviors are expression of extreme distress, not bids for attention.



True



False

**Question 7**

**3 / 3 pts**

The act of showing sorrow or grief.



Stress Response.



Mourning.



Hopelessness.



Fight or flight Response.

**Question 8**

**3 / 3 pts**

It is normal to feel several symptoms of depression for several weeks.



True



False

**Question 9**

**3 / 3 pts**

What is the first step in stress management?



Use refusal skills.



Plan ahead.



Get enough sleep.



Identify the cause of stress.

**Question 10**

**3 / 3 pts**

There are three stages of stress.   Match the stress to its stage.

**Alarm**

             

**Resistance**

             

**Fatigue**

             

**Question 11**

**3 / 3 pts**

Which of the following are examples of external factors that can affect a person's resiliency?



Family



Behavior



Attitude



Peer

**Question 12**

**3 / 3 pts**

Stress is always bad.



True



False

**Question 13**

**3 / 3 pts**

What is a prolonged feeling of helplessness, hopelessness and sadness?  It is much stronger than occasional sad mood and is not easy to manage.



Anxiety



Depression



Sad



Stress

**Question 14**

**3 / 3 pts**

If depression causes a person to start using drugs or to have thoughts of suicide professional help is needed.



True



False

**Question 15**

**3 / 3 pts**

What is a severe mental disorder in which a person loses contact with reality.  Symptoms include delusions, hallucinations and thought disorders.  Affects about 1% of population



Schizophrenia



Manic Depression



Conduct Disorder



Antisocial Personality Disorder

**Question 16**

**3 / 3 pts**

What is a physical reaction that results from stress rather than from injury or illness?



Fight or Flight response



Crying



Mood Swing



Psychosomatic Response

**Question 17**

**3 / 3 pts**

How many hours of sleep are recommended?



8-9



5-8



6-7



over 10

**Question 18**

**3 / 3 pts**

When exposure to stress is prolonged, the body is affected and loses its ability to adapt to the situation and fatigue may set in.  Fatigue can affect the body in several ways.  Match the type of fatigue to its description.

**Physical Fatigue**

             

**Psychological Fatigue**

             

**Pathological Fatigue**

             

**Question 19**

**3 / 3 pts**

When a loss occurs, it is common and natural to experience a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which is an individual's total response to a major loss.



Fight or flight response.



Stress Response.



Grief Response.



Depression.

**Question 20**

**3 / 3 pts**

Match the vocabulary word to its definition.

**Anxiety Disorder**

             

**Phobia**

             

**Obsessive Compulsive Disorder**

             

**Panic Disorder**

             

**Question 21**

**3 / 3 pts**

Match the vocabulary word to its definition.

**Eating Disorder**

             

**Bipolar Disorder**

             

**Clinical Depression**

             

**Post Traumatic Stress Disorder**

             

**Question 22**

**3 / 3 pts**

Which disorder is a pattern of behavior in which the rights of others or basic social rules are violated.



Phobia.



Conduct disorder.



Personality disorder.



Passive aggressive disorder.

**Question 1**

**2 / 2 pts**

Which of the following is an example of an aerobic exercise.



100 Meter Dash



Running



Swimming



Weight Training

**Question 2**

**2 / 2 pts**

Carrying too much weight places added stress on the skeletal system.



True



False

**Question 3**

**2 / 2 pts**

What is a condition characterized by a decrease in bone density, producing porous and fragile bones?



Metabolism



Spine Disease



Osteoporosis



Brittle Bone Disease

**Question 4**

**2 / 2 pts**

How many hours of sleep is recommended for teens?



No recommendation



over 10



8-10



6-7

**Question 5**

**2 / 2 pts**

Males with a body composition of 25% or more body fat is at low risk for developing cardiovascular disease.



True



False

**Question 6**

**2 / 2 pts**

It is recommended that teens incorporate how many minutes of moderate physical activity each day?



60



90



120



30

**Question 7**

**2 / 2 pts**

Name the disease that prevents the body from converting food into energy.



Asthma



Chronic Fatigue Syndrome



Diebetes



Lupus

**Question 8**

**2 / 2 pts**

Which type of exercise involves short bursts of activity in which muscles work so hard that they produce energy without using oxygen?



Flexibility



Anaerobic



Endurance



Aerobic

**Question 9**

**2 / 2 pts**

Cool down is not necessary after a workout.



True



False

**Question 10**

**2 / 2 pts**

Match the element of fitness to its correct definition.

**Cardiorespiratory Endurance**

             

**Muscular Strength**

             

**Muscular Endurance**

             

**Flexibility**

             

**Question 11**

**2 / 2 pts**

Which of the following is a benefit of regular physical activity?



Reduce fatigue.



Bone stronger.



More energy.



Improve posture.

**Question 12**

**2 / 2 pts**

A term that describes a way of life that involves little physical activity



Calm



Relaxation



Active



Sedentary

**Question 13**

**2 / 2 pts**

What elements should your workout include?



Time-Duration



Frequency



Type



Intensity

**Question 14**

**2 / 2 pts**

A skinfold caliper is a gauge that measures fold of skin on different parts of the body.  It helps to calculate body fat.



True



False

**Question 15**

**2 / 2 pts**

Match the term to the definition.

**Overload**

             

**Progression**

             

**Specificity**

             

**Question 16**

**2 / 2 pts**

According to the physical activity pyramid how many days a week should you do aerobic activities?



Once a week.



3-5 days per week.



2-3 days per week.



Daily.

**Question 17**

**2 / 2 pts**

According to the physical activity pyramid how many days a week should you do flexible activities?



Only 2 days.



Daily.



Once a week.



2 or more days per week.

**Question 18**

**2 / 2 pts**

Anabolic-steroids are highly recommended to reach optimal health.



True



False

**PartialQuestion 19**

**1 / 2 pts**

What system is improved with regular physical activity?



Cardiovascular



Respiratory



Integumentary



None of them

**Question 20**

**2 / 2 pts**

Hydration means that you get lots of rest.



True



False

 \

**Question 1**

**3 / 3 pts**

Match the vocabulary word to its correct definition.

**Nutrition**

             

**Calories**

             

**Nutrients**

             

**Hunger**

             

**Appetite**

             

**Question 2**

**3 / 3 pts**

Which nutrient has been shown to reduce blood sugar glucose?



Protein



Carbohydrate



Mineral



Fiber

**Question 3**

**3 / 3 pts**

Match the nutrient claim to its definition:

**Light or Lite**

             

**Less**

             

**Free**

             

**More**

             

**High, rich in or excellent source**

             

**Lean**

             

**Question 4**

**3 / 3 pts**

A fatty substance that does not dissolve in water.



Carbohydrate



Lipid



Protein



Fiber

**Question 5**

**3 / 3 pts**

How many cups of water is recommended?



6



10



8



4

**Question 6**

**3 / 3 pts**

One pound of body fat equals \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories.



1,500



2,500



4,500



3,500

**Question 7**

**3 / 3 pts**

When you drink milk you get protein, B2, niacin, and B12.



True



False

**Question 8**

**3 / 3 pts**

What are substances intentionally added to food to produce a desired effect.



Organic Food.



Vitamin.



Mineral.



Food additive.

**Question 9**

**3 / 3 pts**

Proteins and carbohydrates have the same calories.



True

Both of them have 4 calories per gram.



False

**Question 10**

**3 / 3 pts**

What is a waxy lipid like substance that circulates in the blood.



Saturated Fat.



Amino Acids.



Cholesterol.



Polyunsaturated Fat.

**Question 11**

**3 / 3 pts**

Which of the following is a carbohydrate?



Sucrose



Lipid



Lactose



Fructose

**Question 12**

**3 / 3 pts**

What term refers specifically to having an excess amount of body fat?



Obesity



Target Weight



Health Risk



Nutrient Dense

**Question 13**

**3 / 3 pts**

The body's main source of energy.



Lipid



Carbohydrate



Fat



Protein

**Question 14**

**3 / 3 pts**

Which of the following is true about protein.



There are 2 groups, complete or incomplete.



Another name is lipid.



It has twice as many calories as carbohydrate.



There are 9 essential amino acids (protein).

**Question 15**

**3 / 3 pts**

Which of the following is a minor nutrient?



Lipid



Vitamin



Carbohydrate



Mineral

**Question 16**

**3 / 3 pts**

What is a set of recommendations for healthful eating and active living?



Guidelines from U of U.



Food facts AHA.



FDA.



USDA Dietary Guidelines for Americans.

**Question 17**

**3 / 3 pts**

Lipids have 4 calories per gram.



True



False

Lipids have 9 calories per gram.

**Question 18**

**3 / 3 pts**

Proteins are made of long chains of substances called amino acids.



True



False

**Question 19**

**3 / 3 pts**

Match the nutrient to its function or definition.

**Carbohydrate**

             

**Fiber**

             

**Protein**

             

**fat**

             

**Question 20**

**3 / 3 pts**

The ratio that allows you to assess your body size in relation to your height and weight.



Set point.



Body image.



BMI



Scale.

**Question 21**

**3 / 3 pts**

Which of the following is an eating disorder?



Binge Eating Disorder



Anorexia Nervosa



Bulimia



Over Eating

**Question 22**

**3 / 3 pts**

Fats are lipids.



True



False

**Question 1**

**3 / 3 pts**

Match the types of muscle to the definition.

**Smooth muscle**

             

**Skeletal muscle**

             

**Flexor**

             

**Extensor**

             

**Cardiac muscle**

             

**Question 2**

**3 / 3 pts**

Match the term to its definition.

**Epidermis**

             

**Dermis**

             

**Melanin**

             

**Sebaceous Glands**

             

**Sweat Gland**

             

**Question 3**

**3 / 3 pts**

Match the problem of the muscular system to its definition.

**Tendonitis**

             

**Hernia**

             

**Muscle strain**

             

**Muscular dystrophy**

             

**Question 4**

**3 / 3 pts**

What part of the brain is the center for conscious thought, learning and memory?



Cerebellum



Cerebrum



Thalamus



Medulla Oblongata

**Question 5**

**3 / 3 pts**

A sticky colorless film that acts on sugar to form acids that destroy tooth enamel and irritate gums.



Gum



Tooth Film



Pulp



Plaque

**Question 6**

**3 / 3 pts**

Name the parts of the Central Nervous System.



Heart Muscles



Skeletal Muscles



Spinal Cord



Brain

**Question 7**

**3 / 3 pts**

What part of the brain is the lowest part of the brain stem.  It regulates heartbeat and respiratory rates as well as reflexes such as coughing, sneezing and vomiting.



Thalamus



Cerebellum



Cerebrum



Medulla Oblongata

**Question 8**

**3 / 3 pts**

The somatic nervous system is part of the CNS.



True



False

**Question 9**

**3 / 3 pts**

Match the eye disease with its description.

**Macular degeneration**

             

**Cataract**

             

**Glaucoma**

             

**Question 10**

**3 / 3 pts**

Drugs can destroy brain cells, but alcohol cannot.



True



False

**Question 11**

**3 / 3 pts**

The ANS consists of a network of nerves that are divided into two smaller networks.  The sympathetic and parasympathetic nervous system.



True



False

**Question 12**

**3 / 3 pts**

Match the word to it's definition.

**Lacrimal Gland**

             

**Sclera**

             

**Cornea**

             

**Iris**

             

**Retina**

             

**Question 13**

**3 / 3 pts**

Which disease can be transmitted via blood on non sterile needles during tattooin



HIV



Vitilifo



Acne



Hepititis

**Question 14**

**3 / 3 pts**

Match the terms with the definition:

**External auditory canal**

             

**Eardrum**

             

**Auditory ossicles**

             

**Labyrinth**

             

**Question 15**

**3 / 3 pts**

What is the most serious form of skin cancer?



Mole



Melanoma



Acne



Wart

**Question 16**

**3 / 3 pts**

Which skeleton consists of the bones of the skull, spine, ribs, vertebrae and sternum.



Axial



Joints



Appendicular



Cartilage

**Question 17**

**3 / 3 pts**

Match the degenerative disease to its description:

**Parkinson's Disease**

             

**Multiple Sclerosis**

             

**Alzheimer's Disease**

             

**Question 18**

**3 / 3 pts**

Match the joint to the example:

**Ball and socket**

             

**Hinge**

             

**Pivot**

             

**Ellipsoidal**

             

**Question 19**

**3 / 3 pts**

What part of the brain is responsible for balance?



Cerebellum



Brain Stem



Medulla Oblongata



Cerebrum

**Question 20**

**3 / 3 pts**

Which of the following foods are beneficial for the skin?



Liver



Vitamin C



Vitamin A



Milk

**Question 21**

**3 / 3 pts**

Match the term to the definition:

**Ligament**

             

**Tendon**

             

**Cartilage**

             

**Question 22**

**3 / 3 pts**

Which of the following is a part of a neuron?



Spindle Fiber



Dendrite



Cell Body



Axon

**Question 23**

**3 / 3 pts**

Match the problem of the skeletal system to it's description:

**Osteoporosis**

             

**Scoliosis**

             

**Bunion**

             

**Arthritis**

             

**Question 24**

**3 / 3 pts**

The autonomic nervous system carries messages between the CNS and the rest of the body.



True



False

**Question 25**

**3 / 3 pts**

What controls secretions from the pituitary gland?



Hypothalamus



Sebaceous Gland



Brain Stem



Pons

**Question 1**

**3 / 3 pts**

Match the vessel to its description.

**Arteries**

             

**Capillaries**

             

**Veins**

             

**Question 2**

**3 / 3 pts**

The muscle  that separates the chest from the abdominal cavity.



Pectoral



Sternum



Pharynx



Diaphragm

**Question 3**

**3 / 3 pts**

Which system is the exchange of gases between the body and the environment?



Cardiovascular



Nervous



Digestive



Respiratory

**PartialQuestion 4**

**2.25 / 3 pts**

Which of the following is a function of the digestive system?



Absorbtion



Diffusion



Elimination



Digestion

**Question 5**

**3 / 3 pts**

What digestive juice is produced by the liver?



Chyme



Bile



Hydrochloric Acid



Pepsin

**Question 6**

**3 / 3 pts**

Which side of the heart has oxygenated blood?



Left



Right



All



Both

**Question 7**

**3 / 3 pts**

Match the cardiovascular disease to its description.

**Heart Murmur**

             

**Anemia**

             

**Leukemia**

             

**Hemophilia**

             

**Question 8**

**3 / 3 pts**

What is the fluid in which parts of the blood are suspended?



Veins



Plasma



Blood cell



Venules

**Question 9**

**3 / 3 pts**

Which vessel returns blood to the heart from the body. (Deoxygenated)



Vena Cava



Pulmonary Artery



Capillary Artery



Aorta

**PartialQuestion 10**

**2 / 3 pts**

What is a clot made of?



Fibrin



Platelets



White blood cells



Red blood cells

**Question 11**

**3 / 3 pts**

Match the organ to the correct description.

**Pharynx**

             

**Trachea**

             

**Larynx**

             

**Diaphragm**

             

**Question 12**

**3 / 3 pts**

What part of the heart acts as a natural pacemaker?



Aorta



Left Atrium



Right Atrium



Left Ventricle

**Question 13**

**3 / 3 pts**

What enzyme digests protein?



Protease



Chyme



Pepsin



Lipase

**Question 14**

**3 / 3 pts**

What is the clear fluid that fills the spaces around body cells?



No Fluid



Water



Plasma



Lymph

**Question 15**

**3 / 3 pts**

Inside the heart there are chambers.  What are the two smaller chambers called?



Atrium



Ventricle



Septum



Aorta

**Question 16**

**3 / 3 pts**

Which of the following is an organ associated with the digestive system?



Stomach



Liver



Pancreas



Gall Bladder

**Question 17**

**3 / 3 pts**

The sounds heard as the heart beats are produced by the closing of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.



Aortic Duct



Septum



Valves



Heart Ligament

**Question 18**

**3 / 3 pts**

Match the respiratory problem to its description.

**Pneumonia**

             

**Asthma**

             

**Emphysema**

             

**Question 19**

**3 / 3 pts**

What cells form memory cells?



Neurons



K Cells



B Cells



T Cells

**Question 20**

**3 / 3 pts**

How many glasses of water are recommended per day?



2



10



4



8

**Question 21**

**3 / 3 pts**

Match the process to the description.

**Mastication**

             

**Peristalsis**

             

**Absorption**

             

**Digestion**

             

**Question 22**

**3 / 3 pts**

The blood pressure measurement that tells the maximum pressure is called:



CVD



Congenital



Diastolic



Systolic

**Question 23**

**3 / 3 pts**

Which of the following are ways the body removes wastes from the body?



Liquid



Solid



Gas



None of the above.

**Question 24**

**3 / 3 pts**

What structure is located in front of the esophagus? (This tube is part of the respiratory system).



Bronchi



Larynx



Trachea



Pharynx

**Question 25**

**3 / 3 pts**

What is the voice box?



Larynx



Pharynx



trachea



Esophagus

**Question 26**

**3 / 3 pts**

What macromolecule is digested by saliva?



Lipid



Fat



Protein



Carbohydrate

**Question 27**

**3 / 3 pts**

What is the oxygen carrying protein in blood called?



White blood cells



Arteries



Hemoglobin



Lymphocytes

**Question 1**

**3 / 3 pts**

Methamphetamine is a depressant.



True



False

**Question 2**

**3 / 3 pts**

Which type of alcohol is in alcoholic beverages?



Grain



Fermentation



Wine



Ethanol

**Question 3**

**3 / 3 pts**

The process of learning to live in an alcohol free life is called recovery.



True



False

**Question 4**

**3 / 3 pts**

Match the health consequence.

**Physical Consequence**

             

**Mental/Emotional Consequence**

             

**Social Consequence**

             

**Question 5**

**3 / 3 pts**

Which of the following are alcohol related birth defects associated with fetal alcohol syndrome?



Difficulty Problem Solving



Slow Growth



Small Head



Kidney Disease

**PartialQuestion 6**

**2 / 3 pts**

Which of the following are symptoms of alcohol poisoning?



Vomiting



Hypothermia



Coma



Fast Respiration

**Question 7**

**3 / 3 pts**

What factors influence alcohol use?



Advertising Techniques



Peer Presure



Family



Media Messages

**IncorrectQuestion 8**

**0 / 3 pts**

Drinking five or more alcoholic drinks at one sitting is considered:



Alcohol Poisonning



Not Dangerous



Intoxication



Binge Drinking

**IncorrectQuestion 9**

**0 / 3 pts**

Which of the following are signs of nicotine withdrawal?



Anxiety



Good sleep



Ability to concentrate



Craving for tobacco

**Question 10**

**3 / 3 pts**

A physiological or psychological dependence to a drug.



Medicine



Addiction



Intoxication



Tolerance

**Question 11**

**3 / 3 pts**

Which organ metabolizes the alcohol in the bloodstream and makes it less active.



Kidney



Liver



Stomach



Pancreas

**Question 12**

**3 / 3 pts**

Marijuana often cause feeling of sudden anxiety and paranoia.



True



False

**Question 13**

**3 / 3 pts**

Classify the drug.

**Stimulant**

             

**Depressant**

             

**Narcotic**

             

**Hallucinogen**

             

**Question 14**

**3 / 3 pts**

What is the term that refers to a cancer causing substance?



Carcinogen



Emphysema



Prescription



Leuoplakia

**Question 15**

**3 / 3 pts**

Smokeless tobacco is a safe alternative to smoking tobacco.



True



False

**Question 16**

**3 / 3 pts**

Substances whose fumes are sniffed and inhaled to achieve a mind altering effect.



Depressant



Inhalent



Narcotic



Stimulant

**IncorrectQuestion 17**

**0 / 3 pts**

Alcoholism **CANNOT** be cured.



True



False

**Question 18**

**3 / 3 pts**

Smoking during pregnancy harms the unborn baby.



True



False

**Question 19**

**3 / 3 pts**

Which of the following are risks of tobacco use?



Addiction



Gum Disease



Hardening of the arteries



Damage to Cilia

**Question 20**

**3 / 3 pts**

Substance abuse plays a major role in crime.



True



False

**Question 21**

**3 / 3 pts**

Nicotine is classified as what king of drug?



depressant



Stimulant



Narcotic



Hallucinogen

**Question 22**

**3 / 3 pts**

Cigars are less harmful than cigarettes.



True



False

**Question 23**

**3 / 3 pts**

Psychoactive drugs are chemicals that affect the:



Central Nervous System



Digestive System



Skeletal System



Muscular System

**Question 24**

**3 / 3 pts**

Inhalants will get you high but will never kill you.



True



False

**Question 25**

**3 / 3 pts**

What is the amount of alcohol in a person's blood, expressed as a percentage?



HIV



STD



OTC



BAC

**Question 26**

**3 / 3 pts**

Match the stages of alcoholism.

**Stage 1**

             

**Stage 2**

             

**Stage 3**

             

**Question 27**

**3 / 3 pts**

Drugs are substances other than food that change the structure or function of the body or mind.



True



False

**Question 28**

**3 / 3 pts**

Sobriety is living without alcohol.



True



False

**IncorrectQuestion 29**

**0 / 3 pts**

Before someone goes into a treatment center they must first go through:



Counseling



Detoxification



Residential Treatment Center



Addiction can not be treated.

**Question 30**

**3 / 3 pts**

Overdose is a strong and sometimes fatal reaction to taking a large amount of a drug.



True



False

**Question 31**

**3 / 3 pts**

Classify the drug.

**Stimulant**

             

**Depressant**

             

**Narcotics**

             

**Hallucinogen**

             

**Question 32**

**3 / 3 pts**

Match the addiction cycle:

**Tolerance**

             

**Psychological Dependence**

             

**Physiological Dependence**

             

**Addiction**

             

**IncorrectQuestion 33**

**0 / 3 pts**

Nicotine substitutes are expensive and do not help someone quit smoking.



True



False

**Question 34**

**3 / 3 pts**

Which person will experience a faster response to the effects of alcohol?



Female



Male



Larger Person



Smaller Person