**Human Health Performance**

**Objective # 1**

List how support groups influence one’s personal health practices and behaviors.

**Questions:**

1. What are a different type of support groups that can affect personal health practices and behaviors?
2. Supports groups have great beneficial effects on physical, social and mental wellbeing (T/F)

Answer (True)

1. Support groups can take the form of online chat and face to face meeting so that person can learn to manage personal health behaviors (T/F)

Answer (True)

**Objective# 2**

Problem-solve how to overcome obstacles to making healthy choices.

**Questions:**

Q#1: What are different strategies to overcome barriers in lifestyle changes?

1. Improving health by doing exercise
2. Identify individual barriers
3. Both A and B

Q#2: Identifying individual barriers in lifestyle change and health improvement is the first step in creating strategies to overcome barrier in lifestyle changes (T/F)

Answer: (True)

Q#3: What are a different level of preventing barriers in healthy lifestyle include

1. Interpersonal Level and intrapersonal
2. Community level
3. Macro level
4. All of above

**Objective 3**

Revise personal health goals in response to changing information, abilities, priorities, and responsibilities.

**Questions**

Q#1: SMART is an acronym that stands for Specific, Measurable, Achievable, Realistic, and Timely. (T/F)

Answer (T/F)

Q#2 Write a SMART goal of your own. Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.

Q#3 How the changes which you have made in your goal helps you more likely to succeed?

**Objective # 4**

Provide examples of how advanced technology has improved diagnostics and treatment

**Questions**

Q#1 With the help of advances of technologies in healthcare, people are better able to

A) Communicate with health professionals

B) Diagnoses improve

C) Medical symptoms are cured

D) All of above

Q#2 Many jobs have been created with the advances in technology with the passage of time. Select position which have been created due to advancement in technology.

A) Electronic data analyst

B) Radiologist

C) Medical specialist consultant

D) All of above

Q#3 What are an advantages of using electronic data base in hospitals?

**Objective# 5**

Explain the relationship between health choices and short- and long-term health goals and outcomes

**Questions**

Q#1 Short term goal is defined as that goal that can be achieved in a short span of time. Short term health goal involves

1. Workout 3 times a week,
2. Walk daily for 30 minutes
3. Avoid eating junk food
4. Eat more fresh vegetable and fruits
5. Both A and B

Q#2 Long term goal are those goal that are achieved in a longer period of time such as 6 and 12 months. It helps

1. Gain in cardiovascular gain,
2. Strength and flexibility
3. Walk daily for 30 minutes
4. Both A and B
5. None of the above

Q#3 Why it is important to measure the relationship between health choices and long and short term health goals?

**Objective # 6**

Describes how being physically active leads to positive physical health benefits

**Questions**

Q#1 Physical activity and exercise have

1. Immediate and long term effect
2. Helps in reducing heart diseases, blood pressure and cholesterol level
3. Helps to manage the weight
4. All of the above

Q#2 List some of the benefits of physical activity on health?

Q#3 How physical exercise improves the quality of life?

**Objectives # 7**

Identifies the principles of training (specificity, overload, and progression)

**Questions**

Q#1Define the principle of progression and its relationship with exercise in 1 -2 lines?

Q#2 What do you mean by principle of specificity and how it is related targeted exercises?

Q#3 Why the principle of overload is important for athletes? What major beneficial effect it provides to athletes?

**Objective # 8**

Identifies major muscle groups used in selected physical activities. Identifies the role of major body systems (respiratory, muscular, and skeletal)

**Questions**

Q#1 Arterial inflow to active skeletal muscles increase during contractions and decreases when the muscle relaxes. (T/F)

Answer: False

Q# 2 The venous outflow decreases during rhythmic contractions and increases during muscle relaxation (T/F)

Answers: (False)

Q# 3 How exercise and physical activity strengthen and improves the muscles and protect bones from injury. Describe in two line the benefit of physical exercise on skeletal muscles?

**Objectives # 9**

Analyze current physical fitness levels and develop goals to improve or maintain a physically healthy lifestyle

**Questions**

Q#1 Fitness can be explained as condition of being emotionally strong and physically fit. Its main components

A) Body composition

B) Muscular strength and endurance

c) cardiovascular endurance

D) Flexibility

E) All of the above

Q#2 How do you achieve a healthy lifestyle goal?

Q#3 How do you analyze ftmess level? List some of the tests used to determine the fitness level

**Objective # 10**

Analyzes the value and benefits of a self-selected physical activity to ones’ physical health

**Questions**

Q#1 Physical activity should be a routine of a person life as it promotes health. What are a characteristic that result from an increase physical activity?

A) Decrease low density lipoprotein and increase high density lipoprotein

B) Low level of triglycerides and improve blood glucose

C) Both A and B

D) None of the above

Q#2 Regular exercise has positive effects on depression and anxiety by relieving stress, improving memory and boosting overall mood (T/ F)

Answers: True

Q#3 Which is the most important benefit of psychological and physical exercise?

A) It can make your muscles and bones strong

B) It can help in reducing the diseases that are chronic

C) It improves the person sleep quality and make person relax

D) All of the above