**Final Exam Study Guide**

1. For every gram of fat, there are how many calories?
   1. 4
   2. 9
   3. 7
   4. 6
2. In one slice of pizza, there are 20 grams of fat. How many calories from fat are from the pizza?
   1. 180
   2. 140
   3. 80
   4. 20
3. Define a complex carbohydrate and give two examples.
4. Define trans-fatty acids and give an example of a food high in trans-fatty acids.
5. HDL is a type of?
   1. Carbohydrate
   2. Saturated fat
   3. Cholesterol
6. Define BMR and what it stands for.
7. How many calories need to be burned in order to lose 2 pound of body fat?
   1. 1000
   2. 2500
   3. 3500
   4. 7000
8. List two functions of protein?

9. How can someone find out what the most abundant ingredient on a food label is?

1. What is a positive way that one can respond physically to a stressful situation?
   1. Throwing his IPod
   2. Isolating himself from friends
   3. Going to the gym after school to lift weights
   4. Read a book
2. Define eustress:
3. List two environmental stressors
4. Distinguish which of the following demonstrates a negative stress management technique:
   1. Putting things into perspective
   2. Going for a nice long run
   3. Locking yourself in your room for the night
   4. Hanging out with positive people
5. What does the “A” in SMART Goals stand for?
6. Define the following terms:

Self Esteem

Pygmalion Self

1. Ed has low self-esteem. This can be determined by which of Ed’s behaviors:
   1. Consistently smiling.
   2. Belonging to the soccer team.
   3. Bullying classmates during Physical Education class.
   4. Volunteering at the local hospital.
2. List three signs of suicide.
3. In the movie “Bang, Bang, You’re Dead” Trevor was placed into a trash can by the Jocks. This is an example of:
   1. A time when self-esteem was lowered.
   2. A time when stress was managed positively.
   3. A self-esteem booster.
   4. Someone with good listener skills
4. What is the number 1 drug used by teenagers?
5. Alcohol
6. Prescription Medications
7. Ecstasy
8. Marijuana
9. Give an example of:

Age discrimination

Socio-economic discrimination

1. Which type of prescription drugs are most commonly abused by teenagers?
2. Stimulants
3. Pain Relievers
4. Depressants
5. All of the above
6. List two consequences of underage drinking.
7. How much of communication is done with body language alone?
8. 10%
9. 25%
10. 55%
11. 35%

1. Define assertive communication.
2. Define aggressive communication.
3. Define passive communication.
4. Who develops the alcohol industries advertising procedures?
5. The alcohol industry
6. The Food and Drug Administration
7. U.S. Bureau of Alcohol, Tobacco and Firearms
8. U.S. Department of Advertising

1. Which of the following is not a tip for de-escalating a conflict?
2. Call the other person by name
3. Use a calm voice
4. Relax your body
5. Expressing your opinion to others constantly.
6. Define stereotype and give two examples.

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1. Define Fetal Alcohol Syndrome.
2. What drug is also referred to as a date rape drug?
3. LSD
4. GHB
5. THC
6. Cocaine
7. Which of the following statements is true?
8. Smoking marijuana increases the heart rate.
9. Marijuana use improves concentration.
10. Marijuana is the number one drug used by teenagers.
11. Marijuana users experience weight loss.

1. What kind of drugs are cocaine and methamphetamine?
2. Depressant
3. Stimulant
4. Hallucinogen
5. Cannabis
6. Percocet and Vicodin are examples of what drug?
7. Pain Relievers
8. Dextromethorphan
9. Amphetamine
10. Ecstasy
11. What is the first stage of drug addiction for a teenager?
12. Experimental use
13. Dependency
14. Regular use
15. Addiction
16. What is the first step in reaching your goals?
17. What is the purpose of CPR?
18. How many compression and breaths should be administered during adult CPR?
19. The first step in using an AED is?
20. Telling the crowd to stand clear before the shock is delivered.
21. Informing the owner that you cannot use an AED on an infant.
22. Removing the infants clothing.
23. Delivering the shock.
24. Always check for signs of life for no more than:
25. 1 second
26. 2 minutes
27. Until help arrives.
28. 10 seconds
29. When performing CPR on an adult about how often should you reassess the person’s condition:
30. After the first minute, then every 2 minutes thereafter.
31. CPR should not be interrupted or stopped until AED is ready to use.
32. After every minute.
33. After the first minute then not again until EMS arrives.
34. List two reasons why you would stop giving care to a victim.
35. A splint should be identified by the following characteristic:
36. Snug, but not so tight that is slows circulation
37. Loose, so the person can still move the injured limb
38. Tied with cravats over the injured area
39. Tight! You don’t want it to fall off!
40. You are in the mall, and the person in front of you hits the floor and begins to convulse. This person is having a \_\_\_\_\_\_\_\_. You should begin giving care by\_\_\_\_\_\_\_\_\_\_\_\_:
41. Diabetic Attack; give them water to hydrate them.
42. Diabetic Attack; cover with blanket.
43. Seizure; remove nearby objects that may cause harm.
44. Seizure; hold person still.
45. Define the following terms:

2nd Degree Burn

Dislocation

Strain

Open Fracture

1. Define the following terms:

Heat-related emergency

Heart attack

Diabetic emergency

Stroke

1. Bob begins to lose feeling in his fingers and they develop a bluish hue. What kind of care do you give?
2. What is the first step in managining a bleeding womb?
3. List two signs a person is bleeding internally:
4. Your friend is stung by a bee. You notice he starts to show signs of an allergic reaction. As a first responder, what would you recommend?
5. Define sexuality.
6. Define gender roles.

1. List one function of the male reproductive system.

54. List and define four stages of the Cycle of Violence.

55. List two warning signs of abuse.

56. Define Rape.

57. Define Statutory rape.

58. Define Sexual harassment.

59. The use of any accepted method of intentionally preventing pregnancy is:

a. Effectiveness c. Failure Rate

b. Contraception d. Periodic Abstinence

60. What is the only form of contraception that protects against both pregnancy and STI’s?

a. Condom c. The Patch

b. Birth Control Pill d. Vasectomy

61. What is considered to be a permanent method of contraception?

a. Cervical Cap c. Tubal Ligation

b. The Birth Control Pill d. Withdrawal

62. Where does fertilization occur?

63. Where is sperm produced?

64. Which fluid can the HIV virus NOT be transmitted through?

65. What does AIDS stand for?

66. Which part of the female reproductive system dilates to 10 centimeters to allow for the birthing process to begin?

67. Give an example of a contraception method that is considered to be a barrier method?

68. Which of the following STI’s can be cured?

a. Herpes c. HPV

b. Chlamydia d. HIV

69. List two ways someone can avoid contracting an STI.

70. The death of an embryo or fetus before the 20th week of pregnancy is also known as:

a. an ectopic pregnancy. c. a premature birth.

b. preeclampsia d. a miscarriage.

Make sure you know both female and male reproduction diagrams.