

# Unit 1 Test Wellness Answer Key

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## Unit 1 Health & Wellness

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Answer: The complete state of well being in which all of the components of health - physical, emotional, social, mental, spiritual, and environmental - are in balance, not just the absence of disease or sickness

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Unit 1 Health & Wellness Health Education . 3 Sides of the Health ... The Health Triangle Physical Mental / Emotional Social Wellness . What is Wellness? ! Wellness ! An overall state of well-being or total health. (high-level health) Section 1.1 ... more than one answer. Do these survey results surprise you? Why or why not? Mental Health ...

Unit 1 exam review Fitness, Wellness, and Stress Management

### **353 CHAPTER-BY-CHAPTER ANSWER KEY CHAPTER 1 ANSWERS FOR THE MULTIPLE CHOICE QUESTIONS**

1. b The sociological perspective is an approach to understanding human behavior by placing it within its broader social context. (4) 2. d Sociologists consider occupation, income, education, gender, age, and race as dimensions of social location.(4)

[Books] Unit 1 Test Wellness Answer Key

TEST A STUDY GUIDE 1. Six Dimensions of Wellness \_\_\_\_

Spiritual \_\_\_\_ = Thoughts, actions, behaviors, and values that provide a personal connection to God and a positive meaning and purpose to life. Physical = Activities, attitudes, and behaviors that focus on the development and maintenance of one ' s physical body Emotional = thoughts and behaviors that foster awareness of personal feelings and ...

Unit 1 Test- Health and Wellness Flashcards | Quizlet

UNIT 1 TEST Intro to Health & Wellness NAME\_\_\_\_ 1.

Illustrate the Triangle of Health. Label each side to the triangle, and define each part. (7 pts.) • The Physical: This side deals with the health of your physical body • The Mental/Emotional: This side of the triangle deals with your emotions and the way your mind works • The Social: This side deals with social interactions that happen ...

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Health And Wellness Quiz! Test Your Level! Test Your Knowledge On Health And Body! ... Questions and Answers 1. The media is the most powerful influence in a teen's life. A. True. B. False. 2. Having a ... Stress Management is a major component of the Mental Health side of your wellness triangle. A. True. B. False. 7.

Find Test Answers | Health Health and Wellness

HEALTH 9 - Unit 1 Your Health and Wellness, (CHAPTER 1 HEALTH: A GUIDE TO WELLNESS)

NAME \_\_\_\_ BLOCK \_\_\_\_ DATE \_\_\_\_ Do the self-inventory questions on page 3 (answers on page 23)

NR 222 Health and Wellness Unit 1 to 8 Assignment, Exam

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about and understand basic health information and services and use these resources to promote his or

her health and wellness. Heredity. all the traits that

were biologically passed on ... Health Unit 1 chapters

1-2. 40 terms. nv1234. OTHER ...