The final exam is cumulative and will deal mostly with main points and some vocabulary. The exam will consist of multiple choice, true/false, matching and questions for short answers. Be familiar with the following and you'll do well.

Chapter 1,2,3
Know the following components of health and an example for each
7. Spiritual  
   Which is considered the core?  spiritual
What are some of the different characteristics of each?
Physical - metabolism, cholesterol, body composition, blood pressure
Mental - decision making, intelligence, ability to cope with stress
Spiritual - the will to survive, your belief system, morals, values
Social - supportive friends, family, ability to get along with others, communication
Vocational - volunteering, job satisfaction, school work and activities
Environmental - recycling, quality of air, water (contaminated?)

Define  lifestyle disease- diseases largely due to choices we make, diet, exercise, smoking or abstinence, unprotected exposure to sun etc. Examples include - heart disease, diabetes (Type 2), some cancers such as lung and skin, STDs

Define  infectious diseases- diseases passed from person to person through some type of pathogen - virus, bacteria, (fungus, protozoa etc.)
Give two examples - the flu, mumps, mono, measles, chicken pox, STDs etc.

Understand the major difference (historically) between the two - infectious diseases were responsible for large number of deaths in the past (the plague, smallpox etc.), today many of those are controlled by vaccines, and treated with antibiotics. Now lifestyle diseases are the leading cause of death.
What is the risk behavior that is the leading preventable cause of death in US?
   Tobacco use -
What are a couple of examples of controllable risk factors? If you choose to smoke, abuse alcohol, misuse drugs, have unprotected sex, eat a diet high in saturated fats, sugar and sodium, not exercising.

4 - Uncontrollable (major) risk factors?  Age, race (ethnicity), gender, genetics
Give an example for each of the four influences on your wellness?
Heredity - genes passed cultural-types of foods differ
Social - activities with friends environmental -poor air quality
Chapter 2
What is the importance of setting goals? Much more likely to have success, if measured into smaller goals/steps, less likely to be involved with drugs/alcohol. What are sources of indirect pressure? Media, magazines, movies, hearing gossip about what happened at a party.

Direct pressure? Pg 34 bullying, teasing...someone directly asking you to...

*****What is a refusal skill and how is it used? Pg 35 A learned behavior at abstaining from an action. Being able to say no confidently because it fits with your values.

What are some types of refusal skills? Ex. Making an excuse... saying no firmly, repeatedly.

Why should you practice them? (Mental rehearsal like the navy seals) Helps prepare you and your brain for situations you might be in later, if practiced, more likely to be able to use them....less regret.

Read through Highlights on page 43

SMASHED - from video
Major reasons that car accidents are the leading cause of death for teens.
1. Impulsive - may take risks, be distracted by music, friends, texting etc.
2. Inexperience with driving in variety of driving conditions
3. Excess speed

What is the difference between someone who starts drinking (or using substances) at 15 or someone who starts drinking at 21? More likely to become addicted or have problem with substance.

If someone survives and accident with a head injury how could that affect them physically and/or mentally? Remember Warren, Tim, Tina - Speech, balance, memory, personality etc.

Chapter 3 review Communication outlines

Be able to recognize characteristics of high and low self esteem.

Know the difference between passive -
aggressive - assertive - respectful, honest strong

P-55- Which is most effective? Assertive because it's respectful, honest, direct
What is the difference between I and you messages? I focuses on how something is making the person feel and is received better. You messages sounding blaming and is more likely to cause the other person to become defensive. Be able to recognize.

I get frustrated when I have to repeat myself .......
You never listen to me....

What are 3 examples of good/effective communication? Paraphrase, full attention

What are 3 examples of poor/ineffective communication? Interrupting, blaming, bringing up the past etc.

What are 3 parts of communication climate that impact a person’s point of view?
1. Pressure  
2. Goals/Intent  
3. Beliefs  
4. Communication capability  
5. Experiences  
6. History of Relationship

Name the mental disorders mentioned in class and be familiar with major symptoms.
OCD - Obsessive Compulsive Disorder - repetitive actions ..... 
Depression - symptoms - 
PTSD - Post Traumatic Stress Disorder - traumatic event, war, rape, accident 
Schizophrenia - hearing, seeing things often diagnosed in teens to 20's age range 
Bi-Polar - extreme mood swings from high to low

What are two most common ways to treat all mental disorders? Medication, therapy
What is the most common mental illness? Depression
Which are often impacting a person at the same time? Anxiety and depression
When should someone seek help? If feeling down consistently for 2 weeks or more
What are other symptoms of depression??
The sooner a person gets help the better it is for them.
Why are suicide attempts called "a cry for help" ?......people really don't want to end their lives, they just don't see other options at that time.
Read through Highlights on page 73.

Chapter 4 -
***What is stress/ eustress and how do they differ? Harmful/helpful
What happens physically when we get stressed? Fight or Flight because of hormones released (adrenalin) Increased heart rate, blood pools in center of body, eyesight keener, etc.
What is resiliency? - Ability to bounce back from a negative experience
How does long term stress effect our health? - Negative impact on immune system
What are some ways people can fight off the negative effects of stress? How can they manage their stress? Journal, exercise, good nutrition, social support, play music or listen to music
Be able to recognize some of the warning signs for suicide.
Withdrawal from activities a person enjoys, giving away prized possessions etc.
What should you do? Tell someone/trusted adult.... What shouldn't you do? Promise to not tell anyone!! Pg. 95
Read through Highlights on page 73.

Four stages of grief include -

What is consent? Giving your permission
Stereotype? Preconceived idea about a group of people
What are some strategies that you can use to avoid the issue of date rape?
1. Be clear about your boundaries (communication)
2. Be careful not to send mixed messages
3. Date within friend groups
4. Avoid substances that can affect your judgment
What should someone do if they are sexually assaulted? What are the steps that should be taken?
What should you avoid doing? Taking a shower, getting rid of evidence
What are the 3 situations that consent cannot be given? Age, mentally disability, Incapacitated by substance 3 year difference....
How important is communication regarding this issue? Critical to have discussion regarding boundaries, opinions/expectations could be very different.
211 411 911 what is the difference?
What are characteristics of a healthy relationship?
What are signs of a harmful relationship?
Power and control is a large part of unhealthy relationships and sexual assault.

Chapter 6 - quick review of information below.....
Know what RICE stands for and when it's used.
Rest Ice Compression Elevation
Know what FITT stands for and guidelines
Frequency Intensity Time Type
What is the recommended amount of time a person should exercise?
What is the connection between exercise, intensity and disease prevention?
What do the following terms mean? Cardiovascular fitness, muscular strength, cardiovascular endurance, flexibility

What is the difference between resting heart rate and your target heart rate zone THRZ?
How do you figure it out? \( \text{MHRZ} \times 0.60 = \text{low end} \quad \text{MHRZ} \times 0.85 = \text{high end} \)

Why would you want to workout in target heart rate zone? Makes your heart stronger - heart gets most benefit in this zone

Maximum heart rate - \( 220 - \text{age} = \text{MHR} \)

What is time called when a person's heart rate from exercise goes back to resting heart rate? Recovery period

What does it indicate about heart health if it recovers quickly?

If it doesn't? may need to have it checked by a healthcare professional.

Chapter 7 - look at Food Rules and notes from chapter

What is BMI? Body Mass Index And how can you use it? A tool but not always the answer doesn't take into consideration size, muscle mass, etc.

Know the basics of a nutrition label and how to read it, what is the most important?

Serving size, calories per serving, fat, sugar, sodium, number of ingredients

Food labels are based on a__2,000/2,500__calorie diet.

What are additives? Change color, texture, flavor preservatives? Types of sodium - longer shelf life - frozen/prepared foods

Relationship between natural colored food and nutritional value. Eat colors

What does the typical American diet have too much of? Sugar, fat, salt, chemicals

What is connection between being overweight and disease? What are some diseases associated with being obese?

What is meant by eat real food like your grandparents did? To eat mostly on outside aisles of grocery store - less processed foods i.e. vegetables, dairy, meats, grains, fruits

"Eat like a king at breakfast, a prince at lunch and a pauper at dinner" - explain

Review FOOD RULES handout

Read through Highlights on page 183.

Human trafficking - (will go over with you prior to final)

Define human trafficking.

Be familiar with some strategies used to recruit? Boyfriend, modeling, take your picture......

What are a couple of things you can do to protect yourself on the internet? (regarding facebook/myspace etc.)

What should you avoid doing? Posting?

How are colleges/businesses using information from web?

Why should you care?
Chapter 6 - alcohol - use textbook review outline on alcohol (you'll see tomorrow!)

What are short term effects of alcohol?

What liver diseases and other long term diseases are caused by alcohol abuse?
Cirrhosis, hepatitis

Why is alcohol abuse and alcohol addiction considered to be such an important issue in our society? How does it affect individuals, families, society?

What is considered a drink? How much beer 12 oz., wine 5 oz., liquor 1 oz.

What is BAC? Blood alcohol content Legal limit? .08 - driving

What type of drug is alcohol? depressant

Understand the effects of alcohol as someone continues to drink......what is the progression?

What physical/mental signs would you notice?

What is binge drinking? 5 + drinks in a short period of time 4 for females

Review the signs that would signal that someone has a problem with alcohol.

When legal, what could someone do if they knew they were going to drink to lessen the negative effects? Eat before drinking, alternate alcohol/water from ppt.

Read through Highlights - Chapter 9

Substances - review packet info - presentation and your drug booklet.

What are 2 risk factors? Age when a person starts, genetic component

What is the prefrontal lobe? What does it do and how is it connected to teens sometimes making impulsive and/or poor decisions that aren’t thought through?

At what age is it developed? Mid 20’s

What are the two major “feel good” (pleasure/reward) neurotransmitters? Dopamine And serotonin

What are some reasons people don’t drink or experiment or abuse drugs/substances?

They don’t want to lose control, they’ve learned from others bad experiences, they have a lot to lose, i.e. trust of parents, friends, getting kicked off a team etc.

What are some reasons people drink or experiment or abuse substances?

To fit in, to self medicate, ______________

Describe the connection of opiates that are prescribed and heroin.

Look at brain anatomy and know basic functions, of cerebellum, limbic, cortex and cerebrum.
Your brain already produces all the chemicals you need. Drug use changes the brain chemistry and can cause your brain to reduce natural production leaving a person to feel like they need it to feel normal. The combo of alcohol and drugs can often be life threatening as can the mixture of illegal and/or legal drugs.

Review your notes on Food Inc. - be able to explain 3 big ideas.

********

Basic information on healthy and unhealthy relationships, STDS, birth control
Abstinence
Monogamy
STDS (very basic, i.e. symptoms, which ones do you have for life, how are they transmitted)
Responsibility involved when you decide to become sexually active. Benefits of abstinence.

HIV/AIDS - is passed through what body fluids? Semen, blood, breast milk
Read through Highlights on page 491.

Other - look over the below for possible short answer.

Video clip about the human brain Navy Seal - 4 strategies
Movie - The Human Experience
Article - The Power of No
Movie - Food Inc

*****BRING YOUR NOTEBOOK WITH CLASSWORK TO LAST CLASS *****
*****BRING TEXTBOOK (CLEAN OUT)

YOU MAY HAVE ONE 3 x 5 CARD WITH HANDWRITTEN (YOURS!) INFORMATION FOR YOUR FINAL EXAM.

BOTTLED WATER IS RECOMMENDED..................
BRING READING MATERIALS - IPODS allowed only after final has been submitted on turnitin.com
MONITORS WILL BE REQUESTED TO LEAVE FOR RESTROOM/WATER BREAK.