

## **c1**

*Student:* \_\_\_\_\_

1. The wellness concept defines health as the absence of disease.

True   False

2. Striving to recognize symptoms of disease is a characteristic of physical wellness.

True   False

3. To have spiritual wellness one must practice organized religion.

True   False

4. An individual who balances income and expense appropriately and stays out of debt is an ideal example for financial wellness.

True   False

5. The level of happiness and fulfillment one gains through work is referred to as occupational wellness.

True   False

6. In 1900, a person was most likely to die of diseases brought on by poor living conditions.

True   False

7. Prevention is the most effective way of dealing with chronic disease.

True   False

8. Heart disease, cancer, and stroke are examples of infectious diseases.

True   False

9. Taking a course in personal finance or financial management skills will help improve financial literacy.

True False

10. The Canadian government has a vital interest in the health of all Canadians, since a healthy population is a nation's greatest resource.

True False

11. Physical fitness is defined as a set of physical attributes that allows the body to respond or adapt to the demands and stress of physical effort.

True False

12. Playing physically active video games and practicing yoga does not have an impact on a sedentary lifestyle.

True False

13. Alcohol and drug intoxication is a notable factor in death and disability among older adults.

True False

14. In total, 69% of Canadians lead a sedentary life.

True False

15. Regular exercise is a crucial factor in preventing chronic disease.

True False

16. Regular exercise is associated with a decrease in blood pressure.

True False

17. Lack of exercise is the number one cause of cancer.

True False

18. Despite all medical advances, cancer diagnosis is on the rise.

True False

19. Most health problems occur at the same rate for men and women.

True False

20. Alcohol and drug intoxication is an especially notable factor in the death and disability of young people, mainly through unintentional injuries.

True False

21. Healthy lifestyle strategies, such as maintaining a healthy body weight, avoiding substance abuse, and exercising regularly, help to prevent infectious disease.

True False

22. Someone with an external locus of control blames their obesity on factors that they feel they have no control over.

True False

23. People in the contemplation stage of change are planning to take action within a month.

True False

24. Both short and long term benefits from behaviour change can be used as a motivating force.

True False

25. People seldom progress through the stages of change in a straightforward, linear way; rather, they tend to move to a certain stage and then slip back to a previous stage before resuming their forward progress.

True False

26. Breaking your plan into smaller steps that you can accomplish one day at a time may reduce procrastination.

True False

27. A website conforming to a set of guidelines or criteria for quality and accuracy can be determined to be a good source of information.

True False

28. All of the following are true about wellness, EXCEPT:

- A. risk of cancer can be reduced by eating sensibly.
- B. risk of cancer can be reduced by exercising regularly.
- C. risk of cancer can be reduced by living a sedentary life.
- D. risk of cancer can be reduced by having regular screening tests.

29. Which one of the following would be a component of physical wellness?

- A. Self-acceptance
- B. Being a health care advocate
- C. Attending church
- D. Making healthy food choices

30. Which one of the following best describes a behaviour that would be a component of physical wellness?

- A. Learning more about strategy when playing squash
- B. Making responsible decisions about your sexual activities
- C. Acting compassionately
- D. Cultivating a support network of caring friends and/or family

31. Optimism, trust and self-confidence are components of:

- A. physical wellness.
- B. emotional wellness.
- C. spiritual wellness.
- D. interpersonal wellness.

32. Since taking up the hobby of scuba diving, Steve has been researching the Internet for more information about marine life in the Atlantic Ocean. In searching for answers, which of the following component of wellness is he fostering?

- A. Emotional wellness
- B. Intellectual wellness
- C. Social wellness
- D. Physical wellness

33. Which of the following best describes emotional wellness?

- A. Taking time to explore your thoughts
- B. Getting regular medical checkups
- C. Being open to new ideas
- D. Finding principles by which to live your life

34. Sharon was rear ended by a drunk driver and missed one year of work. After a year of anger, Sharon decides to forgive the driver who hit her. Which one of the following dimensions of wellness is she fostering?

- A. Mental health
- B. Occupational health
- C. Forgiveness
- D. Spiritual wellness

35. Interpersonal and social wellness:

- A. involve developing a network of caring people.
- B. require a great degree of self confidence.
- C. are not basic to physical or emotional health.
- D. require an active, creative mind.

36. Environmental, or planetary, wellness includes:

- A. trust.
- B. creativity.
- C. meditation.
- D. protection from ultraviolet rays.

37. The Brown family decides to ban all pesticides from their shopping list. Which component of wellness is this family advocating?

- A. Social
- B. Spiritual
- C. Intellectual
- D. Environmental

38. Which one of the following is linked to an increased challenge to a person's quest for consistent wellness in all dimensions?

- A. When the person has never been an athlete
- B. When the person has a physical disability
- C. When the person is a little overweight
- D. When there are no walking trails close to his/her home

39. Jordon exercises regularly and has a healthy diet but has a bad habit of smoking when out with friends. Which dimension of Jordon's wellness is being compromised the most?

- A. Interpersonal
- B. Environmental
- C. Emotional
- D. Physical

40. Life expectancy in 1900 was approximately 57 years. What was the biggest reason for the high mortality rate?
- A. Poor environmental conditions
  - B. High incidence of heart disease and cancer
  - C. A large number of natural disasters
  - D. Poor justice system in dealing with high rates of crime
41. The most serious threat to one's health in the early 1900s was:
- A. coronary heart disease.
  - B. cancer.
  - C. infectious disease.
  - D. stroke.
42. The average life expectancy in the past 100 years has gradually increased. What is the primary reason for that?
- A. Better doctors
  - B. Medical advances
  - C. Healthier food choices
  - D. Fewer natural disasters
43. What are the three leading causes of death in Canada?
- A. Cancer, diabetes, and car accidents
  - B. Hypertension, stroke, and heart disease
  - C. Heart disease, stroke, and cancer
  - D. Diabetes, osteoporosis, and AIDS
44. There has been a lot of research about factors that influence how healthy certain populations are. What has been identified as one of the most significant influences?
- A. Economic conditions
  - B. Birth rates
  - C. Access to health care
  - D. The number of walking trails in a community
45. Which of the following diseases would NOT be categorized as the leading cause of death within Canada?
- A. Obesity
  - B. Stroke
  - C. High blood pressure
  - D. Heart disease

46. In 2013, Canada's estimated health care spending was estimated to be:

- A. \$211 billion.
- B. \$111 billion.
- C. \$151 billion.
- D. \$60 billion.

47. There are now more people in the world who are overweight than there are people who are hungry/impooverished. Why is excess body fat and obesity on the Federal and Provincial Health agenda?

- A. Physical appearance looks bad for Canada.
- B. Fewer people are excelling in sports.
- C. Obesity is a risk factor for a myriad of health problems.
- D. Too many people are bullied when they are overweight.

48. What is the most common type of cancer among both men and women and one of the leading causes of death overall in Canada?

- A. Skin cancer
- B. Breast cancer
- C. Prostate cancer
- D. Lung cancer

49. Diets that are too high in calories, fat, and sugar increase the risk of developing \_\_\_\_.

- A. colitis
- B. chronic disease
- C. muscular dystrophy
- D. skin disorders

50. Which of the following describes the typical Canadian diet?

- A. Too low in carbohydrates
- B. Too high in fiber
- C. Too high in fish
- D. Too high in unhealthy fats

51. Stress is a risk factor for heart disease because stress:

- A. weakens your ability to fight infections.
- B. leads to weight loss.
- C. leads to family break up.
- D. damages the valves of the heart.

52. Good strategies for achieving and maintaining a healthy body weight include:

- A. drinking wine on a regular basis.
- B. skipping meals when you notice a little weight gain.
- C. managing stress.
- D. short term dieting.

53. Excess alcohol consumption is NOT:

- A. a factor in 6 of the top 10 causes of death.
- B. an important factor in accidental deaths.
- C. associated with acts of violence.
- D. just a concern for older individuals.

54. Factors involved in wellness:

- A. are outside individual control.
- B. often interact.
- C. are difficult to identify.
- D. are easy to change.

55. Which one of the following increases a person's chances of changing a negative behaviour?

- A. Regular rewards
- B. When the person understands that their behaviour is a health issue
- C. When the habit gets too expensive
- D. Punishment

56. A landmark event or new information:

- A. can initiate a desire to change an unwanted behaviour.
- B. can serve as an internal locus of control.
- C. will produce obstacles for changing your behaviour.
- D. can serve as an external locus of control.

57. The first step in changing a health-related behaviour is:

- A. making a personal contract.
- B. obtaining knowledge and information.
- C. identifying the target behaviour.
- D. setting specific goals.



58. When choosing a target behaviour to change, you maximize your chances of success by:

- A. changing all your negative behaviours at once.
- B. starting with a complicated behaviour first.
- C. starting with something simple like refraining from snacking before going to bed.
- D. combining behaviours such as starting exercise and stopping smoking.

59. For most people, motivation is increased by:

- A. setting only long term goals.
- B. avoiding any social pressures associated with the behaviour.
- C. not focusing on the negatives of the behaviour.
- D. raising consciousness about the problem behaviour.

60. Locus of control is best defined as:

- A. strong motivational power.
- B. the figurative "place" one considers responsible for events in his or her life.
- C. the friends and family who influence your life.
- D. a reward system responsible for positive lifestyle changes.

61. The primary determinant of behaviour in people with a strong internal locus of control is found in:

- A. their environment
- B. fate
- C. their genetics
- D. themselves

62. If you have an external locus of control, believing you have a genetic predisposition to cancer can:

- A. reinforce your motivation to take appropriate action.
- B. sabotage your efforts to take appropriate action.
- C. enhance your locus of control.
- D. lead to a greater sense of control over your life.

63. Donna is about 25 pounds overweight, has tried a variety of diets, and has repeatedly failed to maintain weight loss. She defends her weight with the explanation that almost all of her relatives are overweight and none of them have ever been successful in their attempts to lose weight. Donna can best be described as:

- A. being unmotivated.
- B. having an external locus of control.
- C. having an internal locus of control.
- D. being a victim of heredity.

64. What is the barrier to change for someone who does not want to go to a gym because they feel too big?

- A. Blaming
- B. Rationalizing
- C. Procrastination
- D. Low self esteem

65. In the "stages of change" model, the pre-contemplation stage describes:

- A. an awareness of the problem.
- B. modification of behaviour.
- C. belief that there is no need for change.
- D. planning for change.

66. Which of the following statements is false about behaviour change?

- A. Behaviour change is a lifestyle process.
- B. Behaviour change cultivates healthy behaviours.
- C. Behaviour change can be difficult.
- D. Behaviour change often occurs quickly.

67. When working toward a healthy behaviour it is important to:

- A. only examine the pros of changing the target behaviour and ignore the cons of changing.
- B. examine how your target behaviour is affecting your current health and wellness.
- C. tackle all bad habits and change them at once.
- D. focus on the external locus of control.

68. Relapse is common when attempting to quit smoking. What is the most common impediment for accomplishing a goal to quit for good?

- A. Maintaining motivation
- B. Not seeing health benefits quickly enough
- C. Increased blood pressure
- D. Failure to keep setting goals

69. During a behaviour change program, John fails to keep up with the plan. What does this refer to?

- A. Relapse
- B. Contemplation
- C. Termination
- D. Maintenance

70. The key to a successful behavioural change program is:

- A. a well-designed guidebook.
- B. speed and aggressiveness.
- C. a plan that sets goals.
- D. a qualified therapist.

71. The order in which the steps in a behaviour change program are implemented is:

- A. analyze data, monitor behaviour, devise plan, set goals, and make contract.
- B. monitor behaviour, analyze data, set goals, devise plan, and make contract.
- C. set goals, devise plan, make contract, analyze data, and monitor behaviour.
- D. devise plan, make contract, set goals, monitor behaviour, and analyze data.

72. Which one of the following is the most effective strategy for quitting smoking?

- A. Setting long term goals and visualize
- B. Taking a nicotine replacement pill
- C. Hypnosis
- D. Modifying your environment

73. Which of the following is an example of controlling environmental stimuli that provoke a target behaviour?

- A. Asking a roommate to swim with you 3 times a week
- B. Buying a new CD after completing 2 weeks of a behaviour change program
- C. Studying in the library instead of near the student union snack bar
- D. Posting your exercise log in a prominent place

74. A personal contract for behaviour change:

- A. states your objective and gives details of your plan for behaviour change.
- B. records the circumstances surrounding your target behaviour.
- C. prioritizes the behaviours that you are considering changing.
- D. assesses your motivation for changing a health behaviour.

75. All of the following are positive examples of staying with your program plan, EXCEPT:

- A. consistently changing your commitment to the program.
- B. focusing on one's success as this would be a role model for others.
- C. telling oneself that it's Friday and work can wait till Monday.
- D. once a physical activity program has started, identifying beneficial aspects of it continuously.

76. In a behaviour change program, a trap related to social influences might be:

- A. enlisting the aid of friends in your pursuit.
- B. selecting behaviours to target.
- C. trying to get friends or family to change their behaviour.
- D. breaking your steps into smaller tasks.

77. Which of the following best describes social influence?

- A. Trying to get your friends to change their behaviour so you can all do things together
- B. Encouraging your partner to be more supportive of your exercise program by joining you
- C. Repeated commercials that encourage you to try their new menu items when you are trying to lose weight
- D. Shutting out all social situations that may make you relapse

78. In order to ensure that a behaviour change program continues, it is best to:

- A. avoid anticipating potential problems.
- B. change the parts of the plan that are giving you problems.
- C. ignore the reactions of your friends.
- D. put unflattering pictures of yourself on your desk.

79. A lack of motivation or commitment to change an unwanted behaviour may be due to a:

- A. strong inner drive.
- B. lack of negative effects.
- C. strong social support system.
- D. high level of self confidence.

80. The choices of techniques and level of effort of a behaviour change program:

- A. should never change.
- B. should always be easy.
- C. may need to be re-evaluated.
- D. do not necessarily help you achieve your goal.

81. A stress barrier to a behaviour change plan:

- A. will remain throughout the changing process.
- B. will help motivate you to do your best.
- C. should be ignored.
- D. may require you to learn a stress management technique.

82. Which one of the following is the best strategy to suggest to someone who keeps putting off their plan to exercise?
- A. There is no strategy. This person simply has no desire to exercise.
  - B. Devise a time management strategy
  - C. Drop some of the things that is making them too busy
  - D. Cross-train to make a plan more exciting
83. Which is an example of rationalization?
- A. I'll start an exercise program just as soon as the semester is over.
  - B. Next year is when I'll start to exercise.
  - C. I couldn't exercise today because I had to visit a friend.
  - D. I don't go to the gym because I run regularly.
84. Which one of the following is an example of blaming?
- A. I'll start my walking program when I get some sunscreen.
  - B. My workout partner did not call me to go to the fitness center.
  - C. I'll begin my exercise program when next semester starts.
  - D. I did not have time to dry my hair before work, so I'll walk tomorrow.
85. The signs of wellness described in your text:
- A. include an increased appetite for physical activity.
  - B. demonstrate all of the negative side effects from over-exercising.
  - C. emphasize physical wellness.
  - D. always appear in the early stages of a wellness program.
86. All of the following are ideal characteristics of a website providing health related information, EXCEPT:
- A. the site abides by the guidelines for quality and accuracy.
  - B. the site provides the qualification of the authors.
  - C. the site provides excellent health information.
  - D. the site promotes a product.
87. When evaluating health information, identifying the original source and watching for misleading language are good examples of:
- A. evaluating information
  - B. critical thinking
  - C. identifying objectives of health
  - D. examining health

88. \_\_\_\_\_ wellness is defined by the livability of ones surroundings.

89. \_\_\_\_\_ disease is one that develops over a long period of time.

90. Canada's health care spending was estimated to be \_\_\_\_\_ billion in 2013.

91. \_\_\_\_\_ injury is one that occurs without harm being intended.

92. Cultivating healthy behaviours and working to overcome unhealthy ones are lifestyle management decisions referred to as \_\_\_\_\_.

93. The behaviour one identifies to change is referred to as the \_\_\_\_\_.

94. \_\_\_\_\_ is referred to as one's ability to take action and perform a specific behaviour.

95. Knowing where and how to find information, how to separate fact from opinion, how to recognize faulty reasoning, and thereby evaluating information is referred to as \_\_\_\_\_.

96. During the \_\_\_\_\_ stage, people outwardly modify their behaviour and their environment.

97. In the behaviour change model, individuals who slip or return to old habits are experiencing a \_\_\_\_\_.

98. Friends and family members, helping you identify target behaviours and understand their impact on the people around you, is a good example of \_\_\_\_\_.

99. What are the various dimensions of wellness? Quote an example for each from your personal life.

100. What are the three key initiatives developed to tackle obesity by the Federal, Provincial, and Territorial Health Ministers as part of the Pan-Canadian Public Health Network?

101. What are the various behaviours that contribute to wellness?

102. Identify and describe the various stages that enhance one's readiness to change. Provide an example for each.



103. What are the various sources for evaluating health information?

# c1 Key

1. The wellness concept defines health as the absence of disease.

**FALSE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #1*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-01 Wellness: The New Health Goal*

2. Striving to recognize symptoms of disease is a characteristic of physical wellness.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #2*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

3. To have spiritual wellness one must practice organized religion.

**FALSE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #3*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

4. An individual who balances income and expense appropriately and stays out of debt is an ideal example for financial wellness.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #4*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

5. The level of happiness and fulfillment one gains through work is referred to as occupational wellness.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #5*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

6. In 1900, a person was most likely to die of diseases brought on by poor living conditions.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #6*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-03 New Opportunities, New Responsibilities*

7. Prevention is the most effective way of dealing with chronic disease.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #7*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-03 New Opportunities, New Responsibilities*

8. Heart disease, cancer, and stroke are examples of infectious diseases.

**FALSE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #8*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-03 New Opportunities, New Responsibilities*

9. Taking a course in personal finance or financial management skills will help improve financial literacy.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #9*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-03 New Opportunities, New Responsibilities*

10. The Canadian government has a vital interest in the health of all Canadians, since a healthy population is a nation's greatest resource.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #10*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-04 National Wellness Goals*

11. Physical fitness is defined as a set of physical attributes that allows the body to respond or adapt to the demands and stress of physical effort.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #11*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

12. Playing physically active video games and practicing yoga does not have an impact on a sedentary lifestyle.

**FALSE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #12*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

13. Alcohol and drug intoxication is a notable factor in death and disability among older adults.

**FALSE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #13*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

14. In total, 69% of Canadians lead a sedentary life.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Easy*

*Fahey - Chapter 01 #14*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

15. Regular exercise is a crucial factor in preventing chronic disease.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #15*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-07 Getting Serious About Your Health*

16. Regular exercise is associated with a decrease in blood pressure.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #16*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-07 Getting Serious About Your Health*

17. Lack of exercise is the number one cause of cancer.

**FALSE**

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Easy*

*Fahey - Chapter 01 #17*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-07 Getting Serious About Your Health*

18. Despite all medical advances, cancer diagnosis is on the rise.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Easy*

*Fahey - Chapter 01 #18*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

19. Most health problems occur at the same rate for men and women.

**FALSE**

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Moderate*

*Fahey - Chapter 01 #19*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

20. Alcohol and drug intoxication is an especially notable factor in the death and disability of young people, mainly through unintentional injuries.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Moderate*

*Fahey - Chapter 01 #20*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

21. Healthy lifestyle strategies, such as maintaining a healthy body weight, avoiding substance abuse, and exercising regularly, help to prevent infectious disease.

**FALSE**

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Moderate*

*Fahey - Chapter 01 #21*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-06 Reaching Wellness Through Lifestyle Management*

22. Someone with an external locus of control blames their obesity on factors that they feel they have no control over.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Difficult*

*Fahey - Chapter 01 #22*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-08 Building Motivation to Change*

23. People in the contemplation stage of change are planning to take action within a month.

**FALSE**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #23*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-08 Building Motivation to Change*

24. Both short and long term benefits from behaviour change can be used as a motivating force.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Moderate*

*Fahey - Chapter 01 #24*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-08 Building Motivation to Change*

25. People seldom progress through the stages of change in a straightforward, linear way; rather, they tend to move to a certain stage and then slip back to a previous stage before resuming their forward progress.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Easy*

*Fahey - Chapter 01 #25*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-08 Building Motivation to Change*

26. Breaking your plan into smaller steps that you can accomplish one day at a time may reduce procrastination.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Difficult*

*Fahey - Chapter 01 #26*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-08 Building Motivation to Change*

27. A website confirming to a set of guidelines or criteria for quality and accuracy can be determined to be a good source of information.

**TRUE**

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Difficult*

*Fahey - Chapter 01 #27*

*Learning Objective: 01-05 List some of the available sources of wellness information and explain how to think critically about them*

*Topic: 01-09 Critical Consumer*

28. All of the following are true about wellness, EXCEPT:

- A. risk of cancer can be reduced by eating sensibly.
- B. risk of cancer can be reduced by exercising regularly.
- C.** risk of cancer can be reduced by living a sedentary life.
- D. risk of cancer can be reduced by having regular screening tests.

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Easy*

*Fahey - Chapter 01 #28*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-01 Wellness: The New Health Goal*

29. Which one of the following would be a component of physical wellness?

- A. Self-acceptance
- B. Being a health care advocate
- C. Attending church
- D.** Making healthy food choices

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Easy*

*Fahey - Chapter 01 #29*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

30. Which one of the following best describes a behaviour that would be a component of physical wellness?

- A. Learning more about strategy when playing squash
- B.** Making responsible decisions about your sexual activities
- C. Acting compassionately
- D. Cultivating a support network of caring friends and/or family

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Easy*

*Fahey - Chapter 01 #30*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*



31. Optimism, trust and self-confidence are components of:

- A. physical wellness.
- B. emotional wellness.**
- C. spiritual wellness.
- D. interpersonal wellness.

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #31*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

32. Since taking up the hobby of scuba diving, Steve has been researching the Internet for more information about marine life in the Atlantic Ocean. In searching for answers, which of the following component of wellness is he fostering?

- A. Emotional wellness
- B. Intellectual wellness**
- C. Social wellness
- D. Physical wellness

*Accessibility: Keyboard Navigation*

*Blooms: Application*

*Difficulty: Moderate*

*Fahey - Chapter 01 #32*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

33. Which of the following best describes emotional wellness?

- A. Taking time to explore your thoughts**
- B. Getting regular medical checkups
- C. Being open to new ideas
- D. Finding principles by which to live your life

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Difficult*

*Fahey - Chapter 01 #33*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

34. Sharon was rear ended by a drunk driver and missed one year of work. After a year of anger, Sharon decides to forgive the driver who hit her. Which one of the following dimensions of wellness is she fostering?

- A. Mental health
- B. Occupational health
- C. Forgiveness
- D. Spiritual wellness**

*Accessibility: Keyboard Navigation*

*Blooms: Application*

*Difficulty: Difficult*

*Fahey - Chapter 01 #34*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

35. Interpersonal and social wellness:

- A. involve developing a network of caring people.**
- B. require a great degree of self confidence.
- C. are not basic to physical or emotional health.
- D. require an active, creative mind.

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #35*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

36. Environmental, or planetary, wellness includes:

- A. trust.
- B. creativity.
- C. meditation.
- D. protection from ultraviolet rays.**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #36*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

37. The Brown family decides to ban all pesticides from their shopping list. Which component of wellness is this family advocating?

- A. Social
- B. Spiritual
- C. Intellectual
- D.** Environmental

*Accessibility: Keyboard Navigation*

*Blooms: Application*

*Difficulty: Moderate*

*Fahey - Chapter 01 #37*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

38. Which one of the following is linked to an increased challenge to a person's quest for consistent wellness in all dimensions?

- A. When the person has never been an athlete
- B.** When the person has a physical disability
- C. When the person is a little overweight
- D. When there are no walking trails close to his/her home

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Difficult*

*Fahey - Chapter 01 #38*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

39. Jordon exercises regularly and has a healthy diet but has a bad habit of smoking when out with friends. Which dimension of Jordon's wellness is being compromised the most?

- A. Interpersonal
- B. Environmental
- C. Emotional
- D.** Physical

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Difficult*

*Fahey - Chapter 01 #39*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

40. Life expectancy in 1900 was approximately 57 years. What was the biggest reason for the high mortality rate?

- A.** Poor environmental conditions
- B. High incidence of heart disease and cancer
- C. A large number of natural disasters
- D. Poor justice system in dealing with high rates of crime

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #40*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-03 New Opportunities, New Responsibilities*

41. The most serious threat to one's health in the early 1900s was:

- A. coronary heart disease.
- B. cancer.
- C.** infectious disease.
- D. stroke.

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #41*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-03 New Opportunities, New Responsibilities*

42. The average life expectancy in the past 100 years has gradually increased. What is the primary reason for that?

- A. Better doctors
- B.** Medical advances
- C. Healthier food choices
- D. Fewer natural disasters

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Easy*

*Fahey - Chapter 01 #42*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-03 New Opportunities, New Responsibilities*

43. What are the three leading causes of death in Canada?

- A. Cancer, diabetes, and car accidents
- B. Hypertension, stroke, and heart disease
- C. Heart disease, stroke, and cancer
- D. Diabetes, osteoporosis, and AIDS

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #43*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-03 New Opportunities, New Responsibilities*

44. There has been a lot of research about factors that influence how healthy certain populations are. What has been identified as one of the most significant influences?

- A. Economic conditions
- B. Birth rates
- C. Access to health care
- D. The number of walking trails in a community

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Easy*

*Fahey - Chapter 01 #44*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-03 New Opportunities, New Responsibilities*

45. Which of the following diseases would NOT be categorized as the leading cause of death within Canada?

- A. Obesity
- B. Stroke
- C. High blood pressure
- D. Heart disease

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #45*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-03 New Opportunities, New Responsibilities*

46. In 2013, Canada's estimated health care spending was estimated to be:

- A. \$211 billion.
- B. \$111 billion.
- C. \$151 billion.
- D. \$60 billion.

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #46*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-04 National Wellness Goals*

47. There are now more people in the world who are overweight than there are people who are hungry/impoverished. Why is excess body fat and obesity on the Federal and Provincial Health agenda?

- A. Physical appearance looks bad for Canada.
- B. Fewer people are excelling in sports.
- C. Obesity is a risk factor for a myriad of health problems.
- D. Too many people are bullied when they are overweight.

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Difficult*

*Fahey - Chapter 01 #47*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-04 National Wellness Goals*

48. What is the most common type of cancer among both men and women and one of the leading causes of death overall in Canada?

- A. Skin cancer
- B. Breast cancer
- C. Prostate cancer
- D. Lung cancer

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #48*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

49. Diets that are too high in calories, fat, and sugar increase the risk of developing \_\_\_\_\_.

- A. colitis
- B. chronic disease**
- C. muscular dystrophy
- D. skin disorders

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Easy*

*Fahey - Chapter 01 #49*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

50. Which of the following describes the typical Canadian diet?

- A. Too low in carbohydrates
- B. Too high in fiber
- C. Too high in fish
- D. Too high in unhealthy fats**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #50*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

51. Stress is a risk factor for heart disease because stress:

- A. weakens your ability to fight infections.**
- B. leads to weight loss.
- C. leads to family break up.
- D. damages the valves of the heart.

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Moderate*

*Fahey - Chapter 01 #51*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

52. Good strategies for achieving and maintaining a healthy body weight include:

- A. drinking wine on a regular basis.
- B. skipping meals when you notice a little weight gain.
- C. managing stress.**
- D. short term dieting.

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Moderate*

*Fahey - Chapter 01 #52*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

53. Excess alcohol consumption is NOT:

- A. a factor in 6 of the top 10 causes of death.
- B. an important factor in accidental deaths.
- C. associated with acts of violence.
- D. just a concern for older individuals.**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #53*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

54. Factors involved in wellness:

- A. are outside individual control.
- B. often interact.**
- C. are difficult to identify.
- D. are easy to change.

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Moderate*

*Fahey - Chapter 01 #54*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*



55. Which one of the following increases a person's chances of changing a negative behaviour?

- A. Regular rewards
- B. When the person understands that their behaviour is a health issue**
- C. When the habit gets too expensive
- D. Punishment

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Moderate*

*Fahey - Chapter 01 #55*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-07 Getting Serious About Your Health*

56. A landmark event or new information:

- A. can initiate a desire to change an unwanted behaviour.**
- B. can serve as an internal locus of control.
- C. will produce obstacles for changing your behaviour.
- D. can serve as an external locus of control.

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #56*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-07 Getting Serious About Your Health*

57. The first step in changing a health-related behaviour is:

- A. making a personal contract.
- B. obtaining knowledge and information.
- C. identifying the target behaviour.**
- D. setting specific goals.

*Accessibility: Keyboard Navigation*

*Blooms: Application*

*Difficulty: Easy*

*Fahey - Chapter 01 #57*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-07 Getting Serious About Your Health*

58. When choosing a target behaviour to change, you maximize your chances of success by:

- A. changing all your negative behaviours at once.
- B. starting with a complicated behaviour first.
- C.** starting with something simple like refraining from snacking before going to bed.
- D. combining behaviours such as starting exercise and stopping smoking.

*Accessibility: Keyboard Navigation*

*Blooms: Application*

*Difficulty: Easy*

*Fahey - Chapter 01 #58*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-07 Getting Serious About Your Health*

59. For most people, motivation is increased by:

- A. setting only long term goals.
- B. avoiding any social pressures associated with the behaviour.
- C. not focusing on the negatives of the behaviour.
- D.** raising consciousness about the problem behaviour.

*Accessibility: Keyboard Navigation*

*Blooms: Application*

*Difficulty: Easy*

*Fahey - Chapter 01 #59*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-07 Getting Serious About Your Health*

60. Locus of control is best defined as:

- A. strong motivational power.
- B.** the figurative "place" one considers responsible for events in his or her life.
- C. the friends and family who influence your life.
- D. a reward system responsible for positive lifestyle changes.

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #60*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-08 Building Motivation to Change*

61. The primary determinant of behaviour in people with a strong internal locus of control is found in:

- A. their environment
- B. fate
- C. their genetics
- D.** themselves

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Easy*

*Fahey - Chapter 01 #61*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-08 Building Motivation to Change*

62. If you have an external locus of control, believing you have a genetic predisposition to cancer can:

- A. reinforce your motivation to take appropriate action.
- B.** sabotage your efforts to take appropriate action.
- C. enhance your locus of control.
- D. lead to a greater sense of control over your life.

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Moderate*

*Fahey - Chapter 01 #62*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-08 Building Motivation to Change*

63. Donna is about 25 pounds overweight, has tried a variety of diets, and has repeatedly failed to maintain weight loss. She defends her weight with the explanation that almost all of her relatives are overweight and none of them have ever been successful in their attempts to lose weight. Donna can best be described as:

- A. being unmotivated.
- B.** having an external locus of control.
- C. having an internal locus of control.
- D. being a victim of heredity.

*Accessibility: Keyboard Navigation*

*Blooms: Application*

*Difficulty: Difficult*

*Fahey - Chapter 01 #63*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-08 Building Motivation to Change*

64. What is the barrier to change for someone who does not want to go to a gym because they feel too big?

- A. Blaming
- B. Rationalizing**
- C. Procrastination
- D. Low self esteem

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Moderate*

*Fahey - Chapter 01 #64*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-08 Building Motivation to Change*

65. In the "stages of change" model, the pre-contemplation stage describes:

- A. an awareness of the problem.
- B. modification of behaviour.
- C. belief that there is no need for change.**
- D. planning for change.

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Moderate*

*Fahey - Chapter 01 #65*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-10 Enhancing Your Readiness to Change*

66. Which of the following statements is false about behaviour change?

- A. Behaviour change is a lifestyle process.
- B. Behaviour change cultivates healthy behaviours.
- C. Behaviour change can be difficult.
- D. Behaviour change often occurs quickly.**

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Easy*

*Fahey - Chapter 01 #66*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-11 Dealing with Relapse*

67. When working toward a healthy behaviour it is important to:

- A. only examine the pros of changing the target behaviour and ignore the cons of changing.
- B. examine how your target behaviour is affecting your current health and wellness.**
- C. tackle all bad habits and change them at once.
- D. focus on the external locus of control.

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Moderate*

*Fahey - Chapter 01 #67*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-11 Dealing with Relapse*

68. Relapse is common when attempting to quit smoking. What is the most common impediment for accomplishing a goal to quit for good?

- A. Maintaining motivation**
- B. Not seeing health benefits quickly enough
- C. Increased blood pressure
- D. Failure to keep setting goals

*Accessibility: Keyboard Navigation*

*Blooms: Application*

*Difficulty: Difficult*

*Fahey - Chapter 01 #68*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-08 Building Motivation to Change*

69. During a behaviour change program, John fails to keep up with the plan. What does this refer to?

- A. Relapse**
- B. Contemplation
- C. Termination
- D. Maintenance

*Accessibility: Keyboard Navigation*

*Blooms: Application*

*Difficulty: Moderate*

*Fahey - Chapter 01 #69*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-11 Dealing with Relapse*

70. The key to a successful behavioural change program is:

- A. a well-designed guidebook.
- B. speed and aggressiveness.
- C. a plan that sets goals.**
- D. a qualified therapist.

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #70*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-12 Developing Skills for Change: Creating a Personalized Plan*

71. The order in which the steps in a behaviour change program are implemented is:

- A. analyze data, monitor behaviour, devise plan, set goals, and make contract.
- B. monitor behaviour, analyze data, set goals, devise plan, and make contract.**
- C. set goals, devise plan, make contract, analyze data, and monitor behaviour.
- D. devise plan, make contract, set goals, monitor behaviour, and analyze data.

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #71*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-12 Developing Skills for Change: Creating a Personalized Plan*

72. Which one of the following is the most effective strategy for quitting smoking?

- A. Setting long term goals and visualize
- B. Taking a nicotine replacement pill
- C. Hypnosis
- D. Modifying your environment**

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Difficult*

*Fahey - Chapter 01 #72*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-12 Developing Skills for Change: Creating a Personalized Plan*

73. Which of the following is an example of controlling environmental stimuli that provoke a target behaviour?

- A. Asking a roommate to swim with you 3 times a week
- B. Buying a new CD after completing 2 weeks of a behaviour change program
- C. Studying in the library instead of near the student union snack bar**
- D. Posting your exercise log in a prominent place

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Difficult*

*Fahey - Chapter 01 #73*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-12 Developing Skills for Change: Creating a Personalized Plan*

74. A personal contract for behaviour change:

- A. states your objective and gives details of your plan for behaviour change.**
- B. records the circumstances surrounding your target behaviour.
- C. prioritizes the behaviours that you are considering changing.
- D. assesses your motivation for changing a health behaviour.

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #74*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-12 Developing Skills for Change: Creating a Personalized Plan*

75. All of the following are positive examples of staying with your program plan, EXCEPT:

- A. consistently changing your commitment to the program.**
- B. focusing on one's success as this would be a role model for others.
- C. telling oneself that it's Friday and work can wait till Monday.
- D. once a physical activity program has started, identifying beneficial aspects of it continuously.

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Moderate*

*Fahey - Chapter 01 #75*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-13 Putting Your Plan into Action*

76. In a behaviour change program, a trap related to social influences might be:

- A. enlisting the aid of friends in your pursuit.
- B. selecting behaviours to target.
- C.** trying to get friends or family to change their behaviour.
- D. breaking your steps into smaller tasks.

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Difficult*

*Fahey - Chapter 01 #76*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-14 Staying With It*

77. Which of the following best describes social influence?

- A.** Trying to get your friends to change their behaviour so you can all do things together
- B. Encouraging your partner to be more supportive of your exercise program by joining you
- C. Repeated commercials that encourage you to try their new menu items when you are trying to lose weight
- D. Shutting out all social situations that may make you relapse

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Difficult*

*Fahey - Chapter 01 #77*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-14 Staying With It*

78. In order to ensure that a behaviour change program continues, it is best to:

- A. avoid anticipating potential problems.
- B.** change the parts of the plan that are giving you problems.
- C. ignore the reactions of your friends.
- D. put unflattering pictures of yourself on your desk.

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Difficult*

*Fahey - Chapter 01 #78*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-14 Staying With It*



79. A lack of motivation or commitment to change an unwanted behaviour may be due to a:

- A. strong inner drive.
- B. lack of negative effects.**
- C. strong social support system.
- D. high level of self confidence.

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Difficult*

*Fahey - Chapter 01 #79*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-14 Staying With It*

80. The choices of techniques and level of effort of a behaviour change program:

- A. should never change.
- B. should always be easy.
- C. may need to be re-evaluated.**
- D. do not necessarily help you achieve your goal.

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Moderate*

*Fahey - Chapter 01 #80*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-14 Staying With It*

81. A stress barrier to a behaviour change plan:

- A. will remain throughout the changing process.
- B. will help motivate you to do your best.
- C. should be ignored.
- D. may require you to learn a stress management technique.**

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #81*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-14 Staying With It*

82. Which one of the following is the best strategy to suggest to someone who keeps putting off their plan to exercise?

- A. There is no strategy. This person simply has no desire to exercise.
- B. Devise a time management strategy**
- C. Drop some of the things that is making them too busy
- D. Cross-train to make a plan more exciting

*Accessibility: Keyboard Navigation*

*Blooms: Analysis*

*Difficulty: Easy*

*Fahey - Chapter 01 #82*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-14 Staying With It*

83. Which is an example of rationalization?

- A. I'll start an exercise program just as soon as the semester is over.
- B. Next year is when I'll start to exercise.
- C. I couldn't exercise today because I had to visit a friend.**
- D. I don't go to the gym because I run regularly.

*Accessibility: Keyboard Navigation*

*Blooms: Application*

*Difficulty: Easy*

*Fahey - Chapter 01 #83*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-14 Staying With It*

84. Which one of the following is an example of blaming?

- A. I'll start my walking program when I get some sunscreen.
- B. My workout partner did not call me to go to the fitness center.**
- C. I'll begin my exercise program when next semester starts.
- D. I did not have time to dry my hair before work, so I'll walk tomorrow.

*Accessibility: Keyboard Navigation*

*Blooms: Application*

*Difficulty: Easy*

*Fahey - Chapter 01 #84*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-14 Staying With It*

85. The signs of wellness described in your text:

- A. include an increased appetite for physical activity.
- B. demonstrate all of the negative side effects from over-exercising.
- C. emphasize physical wellness.
- D. always appear in the early stages of a wellness program.

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #85*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-14 Staying With It*

86. All of the following are ideal characteristics of a website providing health related information, EXCEPT:

- A. the site abides by the guidelines for quality and accuracy.
- B. the site provides the qualification of the authors.
- C. the site provides excellent health information.
- D. the site promotes a product.

*Accessibility: Keyboard Navigation*

*Blooms: Comprehension*

*Difficulty: Moderate*

*Fahey - Chapter 01 #86*

*Learning Objective: 01-05 List some of the available sources of wellness information and explain how to think critically about them*

*Topic: 01-09 Critical Consumer*

87. When evaluating health information, identifying the original source and watching for misleading language are good examples of:

- A. evaluating information
- B. critical thinking
- C. identifying objectives of health
- D. examining health

*Accessibility: Keyboard Navigation*

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #87*

*Learning Objective: 01-05 List some of the available sources of wellness information and explain how to think critically about them*

*Topic: 01-09 Critical Consumer*

88. \_\_\_\_\_ wellness is defined by the livability of ones surroundings.

Environmental

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #88*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

89. \_\_\_\_\_ disease is one that develops over a long period of time.

Chronic

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #89*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-03 New Opportunities, New Responsibilities*

90. Canada's health care spending was estimated to be \_\_\_\_\_ billion in 2013.

\$211

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #90*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-04 National Wellness Goals*

91. \_\_\_\_\_ injury is one that occurs without harm being intended.

Unintentional

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #91*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

92. Cultivating healthy behaviours and working to overcome unhealthy ones are lifestyle management decisions referred to as \_\_\_\_\_.

behaviour change

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #92*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-06 Reaching Wellness Through Lifestyle Management*

93. The behaviour one identifies to change is referred to as the \_\_\_\_\_.

target behaviour

*Blooms: Knowledge*

*Difficulty: Easy*

*Fahey - Chapter 01 #93*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-07 Getting Serious About Your Health*

94. \_\_\_\_\_ is referred to as one's ability to take action and perform a specific behaviour.

Self-efficacy

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #94*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-08 Building Motivation to Change*

95. Knowing where and how to find information, how to separate fact from opinion, how to recognize faulty reasoning, and thereby evaluating information is referred to as \_\_\_\_\_.

critical thinking

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #95*

*Learning Objective: 01-05 List some of the available sources of wellness information and explain how to think critically about them*

*Topic: 01-09 Critical Consumer*

96. During the \_\_\_\_\_ stage, people outwardly modify their behaviour and their environment.

action

*Blooms: Knowledge*

*Difficulty: Difficult*

*Fahey - Chapter 01 #96*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-10 Enhancing Your Readiness to Change*

97. In the behaviour change model, individuals who slip or return to old habits are experiencing a \_\_\_\_\_.

relapse

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #97*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-11 Dealing with Relapse*

98. Friends and family members, helping you identify target behaviours and understand their impact on the people around you, is a good example of \_\_\_\_\_.

social support

*Blooms: Knowledge*

*Difficulty: Difficult*

*Fahey - Chapter 01 #98*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-12 Developing Skills for Change: Creating a Personalized Plan*

99. What are the various dimensions of wellness? Quote an example for each from your personal life.

1. Physical
2. Emotional
3. Intellectual
4. Interpersonal
5. Spiritual
6. Environmental

For examples: Answers will vary.

*Blooms: Application*

*Difficulty: Easy*

*Fahey - Chapter 01 #99*

*Learning Objective: 01-01 Describe the dimensions of wellness*

*Topic: 01-02 The Dimensions of Wellness*

100. What are the three key initiatives developed to tackle obesity by the Federal, Provincial, and Territorial Health Ministers as part of the Pan-Canadian Public Health Network?

**Supportive Environments:** making social and physical environments where children live, learn and play more supportive of physical activity and healthy eating;

**Early Action:** identifying the risk of overweight and obesity in children and addressing it early; and,

**Nutritious Foods:** looking at ways to increase the availability and accessibility of nutritious foods and decrease the marketing of foods and beverages high in fat, sugar and/or sodium to children.

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #100*

*Learning Objective: 01-02 Identify the major health problems in Canada today and discuss their causes*

*Topic: 01-04 National Wellness Goals*

101. What are the various behaviours that contribute to wellness?

1. Be physically active
2. Choose a healthy diet
3. Maintain a healthy body weight
4. Manage stress effectively
5. Avoid tobacco, drug and limit alcohol consumption
6. Protect yourself from disease and injury
7. The role of other factors in health and wellness

*Blooms: Knowledge*

*Difficulty: Moderate*

*Fahey - Chapter 01 #101*

*Learning Objective: 01-03 Describe the behaviours that are part of a fit and well lifestyle*

*Topic: 01-05 Behaviours That Contribute to Wellness*

102. Identify and describe the various stages that enhance one's readiness to change. Provide an example for each.

**Precontemplation:** People at this stage do not think they have a problem and do not intend to change their behaviour. They may be unaware of the risks associated with their behaviour or may deny them. They may have tried unsuccessfully to change in the past and may now feel demoralized and think the situation is hopeless. They may also blame other people or external factors for their problems. People in the precontemplation stage believe that there are more reasons or more important reasons not to change than there are reasons to change.

**Contemplation:** People at this stage know they have a problem and intend to take action within 6 months. They acknowledge the benefits that behaviour change will have for them but are also very aware of the costs of changing-to be successful, people must believe that the benefits of change outweigh the costs. People in the contemplation stage wonder about possible courses of action but don't know how to proceed. There may also be specific barriers to change that appear too difficult to overcome.

**Preparation:** People at this stage plan to take action within a month or may already have begun to make small changes in their behaviour. They may be engaging in their new, healthier behaviour, but not yet regularly or consistently. They may have created a plan for change but may be worried about failing.

**Action:** During the action stage, people outwardly modify their behaviour and their environment. The action stage usually requires the greatest commitment of time and energy, and people in this stage are at risk for reverting to old, unhealthy patterns of behaviour.

**Maintenance:** People at this stage have maintained their new, healthier lifestyle for at least 6 months. Lapses may have occurred, but people in maintenance have been successful in quickly re-establishing the desired behaviour. The maintenance stage can last for months or years.

**Termination:** For some behaviours, a person may reach the sixth and final stage of termination. People at this stage have exited the cycle of change and are no longer tempted to lapse back into their old behaviour. They have a new self-image and total self-efficacy with regard to their target behaviour.

For examples: Answers will vary.

*Blooms: Knowledge*

*Difficulty: Difficult*

*Fahey - Chapter 01 #102*

*Learning Objective: 01-04 Explain the steps in creating a behaviour management plan to change a wellness-related behaviour*

*Topic: 01-10 Enhancing Your Readiness to Change*



103. What are the various sources for evaluating health information?

**Go to the original source:** Media reports often simplify the results of medical research. Find out for yourself what a study really reported, and determine whether it was based on good science. What type of study was it? Was it published in a recognized medical journal? Was it an animal study, or did it involve people? Did the study include a large number of people? What did the study's authors actually report?

**Watch for misleading language:** Reports that feature "breakthroughs" or "dramatic proof" are probably hype. A study might state that a behaviour "contributes to" or is "associated with" an outcome; this does not prove a cause-and-effect relationship.

**Distinguish between research reports and public health advice:** Do not change your behavior based on the results of a single report or study. If an agency such as Health Canada or the Canadian Cancer Society urges a behaviour change, however, you should follow its advice. Large, funded organizations issue such advice based on many studies, not a single report.

**Remember that anecdotes are not facts:** A friend may tell you he lost weight on some new diet, but individual success stories do not mean the plan is truly safe or effective. Check with your doctor before making any serious lifestyle changes.

**Be skeptical:** If a report seems too good to be true, it probably is. Be wary of information contained in advertisements. An ad's goal is to sell a product, even if there is no need for it, and sometimes even if the product has not been proven to be safe or effective.

**Make choices that are right for you:** Friends and family members can be a great source of ideas and inspiration, but you need to make health-related choices that work best for you.

*Blooms: Knowledge*

*Difficulty: Difficult*

*Fahey - Chapter 01 #103*

*Learning Objective: 01-05 List some of the available sources of wellness information and explain how to think critically about them*

*Topic: 01-09 Critical Consumer*

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