

## Health: The Basics, 10e (Donatelle)

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### Chapter 1: Accessing Your Health

1) A healthy person has all of the following characteristics EXCEPT

- A) being free of illness.
- B) being physically fit.
- C) being mentally and emotionally stable.
- D) being addicted to drugs and alcohol.

Answer: D

Diff: 1 Page Ref: 5

Skill: Understanding

2) Which of the following were cited by college students in a national survey as major impediments to performing well academically?

- A) Pressure from parents and family members
- B) Stress, anxiety, and sleep difficulties
- C) Repeated strep infections
- D) Carrying a too-heavy course load

Answer: B

Diff: 1 Page Ref: 2

Skill: Remembering

3) Life expectancy in the early 1900s was largely determined by a person's

- A) hygiene habits.
- B) susceptibility to infectious disease.
- C) occupation and location.
- D) family history.

Answer: B

Diff: 1 Page Ref: 3

Skill: Understanding

4) Which of the following did NOT contribute to increased life expectancy in the early 20th century?

- A) Improved sanitation
- B) Antibiotics
- C) Vaccinations
- D) More doctors in metropolitan areas

Answer: D

Diff: 1 Page Ref: 3

Skill: Remembering

# Health Basics Donatelle 10th Edition

**Michael Seilmaier**



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