

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

Rebecca J. Donatelle



Health Basics Donatelle 10th Edition:

Enjoying the Beat of Expression: An Psychological Symphony within **Health Basics Donatelle 10th Edition**

In a world used by screens and the ceaseless chatter of immediate transmission, the melodic beauty and mental symphony produced by the prepared word often fade into the backdrop, eclipsed by the persistent noise and interruptions that permeate our lives. However, located within the pages of **Health Basics Donatelle 10th Edition** a stunning literary treasure brimming with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this interesting masterpiece conducts viewers on a psychological journey, well unraveling the concealed melodies and profound affect resonating within each cautiously constructed phrase. Within the depths with this poignant assessment, we will investigate the book is main harmonies, analyze its enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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