

c1

Student: _____

1. As opposed to rehabilitation, remediation of a loss of physical function means to
 - A. accept the loss of one function but strengthen those that remain.
 - B. correct the problem through alternative means.
 - C. maintain what function remains.
 - D. restore the original function.

2. The term morbidity refers to
 - A. illness and disease.
 - B. the process of death.
 - C. the incidence of unhealthy though patterns.
 - D. high risk behaviors.

3. The traditional American approach to health care is
 - A. multidimensional.
 - B. preventive.
 - C. episodic.
 - D. holistic.

4. Which of the following BEST illustrates the traditional American approach to health care?
 - A. an emphasis on disease prevention
 - B. seeing doctors only when sick or injured
 - C. eliminating high-risk behaviors from your lifestyle
 - D. taking advantage of your school or company's fitness center

5. The goal of preventive medicine is to
 - A. identify and reduce risk factors in the patient's life.
 - B. promote managed health care over traditional insurance.
 - C. prevent people from having to visit doctors.
 - D. treat illness.

6. Of the following, which is not one of the central goals proposed by *Healthy People 2020*?

- A. Eliminate preventable disease, disability, injury, and premature death.
- B. Achieve health equity, eliminate disparities, and improve the health of all groups.
- C. An increasing acceptance of integrative forms of health care including reflexology and herbalism.
- D. Promote healthy development and healthy behaviors across every stage of life.

7. Which term BEST describes the process in which individuals or groups gain increasing control over their health?

- A. wellness
- B. holistic health
- C. empowerment
- D. health promotion

8. Which of the following BEST illustrates group-oriented health promotion as described in your text?

- A. A small rural town attracts a new physicians' clinic.
- B. A city receives federal funding to establish an AIDS awareness campaign.
- C. A new neighborhood is designed so that parks, stores, and medical clinics are easily reached by walking or by bus.
- D. An inner-city neighborhood creates volunteer groups to clean up parks, organize a crime watch program, and offer youth sports leagues.

9. During which of Prochaska's Stages of Change would an individual think about making a change in behavior but have no actual intention of stopping in the next few months?

- A. Preparation Stage
- B. Precontemplation Stage
- C. Contemplation Stage
- D. Termination Stage

10. According to the text, to define health

- A. one must first understand the dynamics of illness and death.
- B. it is important to focus on illness prevention and the postponement of death.
- C. it is important to look past illness prevention and the postponement of death.
- D. none of these is correct.

11. Rodney has been in his first job only two months, but already some of his colleagues dislike him. He doesn't mean any harm; he just says what's on his mind. In which of the following areas does Rodney need improvement?

- A. independence
- B. responsibility
- C. social skills
- D. intimacy

12. Unlike most other concepts of health, *holistic health* considers _____ to be part of overall health.

- A. intellectual and spiritual dimensions
- B. others' perceptions of your health
- C. your attitudes about your health
- D. tolerance for risk

13. Your body weight, visual ability, strength, and level of susceptibility to disease are components of which dimension of health?

- A. occupational
- B. social
- C. emotional
- D. physical

14. Your ability to cope with stress, remain flexible, and compromise to resolve conflict encompasses which dimension of health?

- A. intellectual
- B. emotional
- C. spiritual
- D. social

15. People who have good emotional health tend to

- A. be more dominant in social situations.
- B. accept rejection without complaint.
- C. enjoy life more.
- D. enjoy conflict.

16. Your ability to process information, clarify values and beliefs, and exercise decision-making ability lies primarily in which dimension of health?

- A. social
- B. spiritual
- C. physical
- D. intellectual

17. The dimension of health that focuses on your relation to others, the nature of human behavior, and your willingness to serve others is the _____ dimension.

- A. social
- B. spiritual
- C. physical
- D. intellectual

18. This dimension of health encompasses the ability to interact comfortably in diverse settings.

- A. social
- B. physical
- C. intellectual
- D. spiritual

19. The significant contribution that the occupational dimension makes to the wellness movement is that it

- A. affords many people material needs.
- B. defines for many the importance of the workplace to their sense of well being.
- C. allows many people to fill their days without boredom.
- D. adds to the gross national product of the United States.

20. Many physicians say they have little time to practice preventative medicine because insurance companies will not reimburse them for that care.

True False

21. Health promotion programs are not legally defined as medical practices and, thus, do not require the involvement of physicians.

True False

22. In the multidimensional concept of health, you are considered healthy if you have achieved full access to growth and development opportunities in any single dimension.

True False

23. Holistic health is the view of health in terms of physical, social, and emotional makeup.

True False

24. To improve your spiritual health, you must gain an appreciation for a transcendent truth that unifies the material world.

True False

25. Your occupation should not be considered another dimension of health.

True False

26. Wellness differs from other kinds of health care because it has no interest in morbidity and mortality.

True False

27. You are less likely to be happy and have a meaningful direction if you do not have a theist-based perception of life's meaning.

True False

28. Describe preventive medicine, and explain its benefits and limitations.

29. List and briefly explain Prochaska's Stages of Change.

30. Describe the five developmental tasks of young adults.

31. Describe the basic difference between the conventional Western view of health and the definition of health proposed by your authors.

32. Explain why behavior change is often difficult.

c1 Key

1. (p. 6) As opposed to rehabilitation, remediation of a loss of physical function means to
- A. accept the loss of one function but strengthen those that remain.
 - B. correct the problem through alternative means.**
 - C. maintain what function remains.
 - D. restore the original function.

Focus - Chapter 01 #1

2. (p. 9) The term morbidity refers to
- A. illness and disease.**
 - B. the process of death.
 - C. the incidence of unhealthy though patterns.
 - D. high risk behaviors.

Focus - Chapter 01 #2

3. (p. 8) The traditional American approach to health care is
- A. multidimensional.
 - B. preventive.
 - C. episodic.**
 - D. holistic.

Focus - Chapter 01 #3

4. (p. 8) Which of the following BEST illustrates the traditional American approach to health care?
- A. an emphasis on disease prevention
 - B. seeing doctors only when sick or injured**
 - C. eliminating high-risk behaviors from your lifestyle
 - D. taking advantage of your school or company's fitness center

Focus - Chapter 01 #4

5. (p. 9) The goal of preventive medicine is to
- A. identify and reduce risk factors in the patient's life.
 - B. promote managed health care over traditional insurance.
 - C. prevent people from having to visit doctors.
 - D. treat illness.

Focus - Chapter 01 #5

6. (p. 11-12) Of the following, which is not one of the central goals proposed by *Healthy People 2020*?
- A. Eliminate preventable disease, disability, injury, and premature death.
 - B. Achieve health equity, eliminate disparities, and improve the health of all groups.
 - C. An increasing acceptance of integrative forms of health care including reflexology and herbalism.
 - D. Promote healthy development and healthy behaviors across every stage of life.

Focus - Chapter 01 #6

7. (p. 10) Which term BEST describes the process in which individuals or groups gain increasing control over their health?
- A. wellness
 - B. holistic health
 - C. empowerment
 - D. health promotion

Focus - Chapter 01 #7

8. (p. 10) Which of the following BEST illustrates group-oriented health promotion as described in your text?
- A. A small rural town attracts a new physicians' clinic.
 - B. A city receives federal funding to establish an AIDS awareness campaign.
 - C. A new neighborhood is designed so that parks, stores, and medical clinics are easily reached by walking or by bus.
 - D. An inner-city neighborhood creates volunteer groups to clean up parks, organize a crime watch program, and offer youth sports leagues.

Focus - Chapter 01 #8

9. (p. 13) During which of Prochaska's Stages of Change would an individual think about making a change in behavior but have no actual intention of stopping in the next few months?

- A. Preparation Stage
- B. Precontemplation Stage
- C. Contemplation Stage
- D. Termination Stage

Focus - Chapter 01 #9

10. (p. 13) According to the text, to define health

- A. one must first understand the dynamics of illness and death.
- B. it is important to focus on illness prevention and the postponement of death.
- C. it is important to look past illness prevention and the postponement of death.
- D. none of these is correct.

Focus - Chapter 01 #10

11. (p. 14) Rodney has been in his first job only two months, but already some of his colleagues dislike him. He doesn't mean any harm; he just says what's on his mind. In which of the following areas does Rodney need improvement?

- A. independence
- B. responsibility
- C. social skills
- D. intimacy

Focus - Chapter 01 #11

12. (p. 13-14) Unlike most other concepts of health, *holistic health* considers _____ to be part of overall health.

- A. intellectual and spiritual dimensions
- B. others' perceptions of your health
- C. your attitudes about your health
- D. tolerance for risk

Focus - Chapter 01 #12

13. (p. 14) Your body weight, visual ability, strength, and level of susceptibility to disease are components of which dimension of health?

- A. occupational
- B. social
- C. emotional
- D.** physical

Focus - Chapter 01 #13

14. (p. 14) Your ability to cope with stress, remain flexible, and compromise to resolve conflict encompasses which dimension of health?

- A. intellectual
- B.** emotional
- C. spiritual
- D. social

Focus - Chapter 01 #14

15. (p. 14) People who have good emotional health tend to

- A. be more dominant in social situations.
- B. accept rejection without complaint.
- C.** enjoy life more.
- D. enjoy conflict.

Focus - Chapter 01 #15

16. (p. 14) Your ability to process information, clarify values and beliefs, and exercise decision-making ability lies primarily in which dimension of health?

- A. social
- B. spiritual
- C. physical
- D.** intellectual

Focus - Chapter 01 #16

17. (p. 14-15) The dimension of health that focuses on your relation to others, the nature of human behavior, and your willingness to serve others is the _____ dimension.

- A. social
- B. spiritual**
- C. physical
- D. intellectual

Focus - Chapter 01 #17

18. (p. 14) This dimension of health encompasses the ability to interact comfortably in diverse settings.

- A. social**
- B. physical
- C. intellectual
- D. spiritual

Focus - Chapter 01 #18

19. (p. 15) The significant contribution that the occupational dimension makes to the wellness movement is that it

- A. affords many people material needs.
- B. defines for many the importance of the workplace to their sense of well being.**
- C. allows many people to fill their days without boredom.
- D. adds to the gross national product of the United States.

Focus - Chapter 01 #19

20. (p. 9) Many physicians say they have little time to practice preventative medicine because insurance companies will not reimburse them for that care.

FALSE

Focus - Chapter 01 #20

21. (p. 10) Health promotion programs are not legally defined as medical practices and, thus, do not require the involvement of physicians.

TRUE

Focus - Chapter 01 #21

22. (p. 13-14) In the multidimensional concept of health, you are considered healthy if you have achieved full access to growth and development opportunities in any single dimension.

FALSE

Focus - Chapter 01 #22

23. (p. 13-15) Holistic health is the view of health in terms of physical, social, and emotional makeup.

FALSE

Focus - Chapter 01 #23

24. (p. 14-15) To improve your spiritual health, you must gain an appreciation for a transcendent truth that unifies the material world.

FALSE

Focus - Chapter 01 #24

25. (p. 15) Your occupation should not be considered another dimension of health.

FALSE

Focus - Chapter 01 #25

26. (p. 10) Wellness differs from other kinds of health care because it has no interest in morbidity and mortality.

TRUE

Focus - Chapter 01 #26

27. (p. 15) You are less likely to be happy and have a meaningful direction if you do not have a theist-based perception of life's meaning.

FALSE

Focus - Chapter 01 #27

28. (p. 9) Describe preventive medicine, and explain its benefits and limitations.

Preventative medicine is a physician-centered medical care in which risk factors are assessed. Once identified, health practitioners attempt to lower these risk factors through education, lifestyle modification, and medical intervention. While guided by practitioners, this medical care centers only on the physical dimension and provides no coverage by third-party payers.

Focus - Chapter 01 #28

29. (p. 12-13) List and briefly explain Prochaska's Stages of Change.

Precontemplation stage: A person is not thinking about making a change and may not realize that there is a problem.

Contemplation stage: A person might develop the desire to change but has little understanding of how to go about it.

Preparation stage: A person might begin making plans to change the behavior.

Action stage: Plans and changes are implemented during which these changes are sustained for about six months.

Maintenance stage: New habits are consolidated and practiced for an additional six months.

Termination stage: New habits are well established, and efforts to change are complete.

Focus - Chapter 01 #29

30. (p. 2-4) Describe the five developmental tasks of young adults.

Forming an Initial Adult Identity: During this first task, a young person will construct perceptions of himself or herself as an adult and formulate behavior patterns that will project this identity to society. This is necessary to establish a foundation for maturity.

Establishing Independence: During this task, the young adult attempts to move away from the dependent relationship that exists between himself and his family, thus establishing independence.

Assuming Responsibility: During this task, the young person is expected to take on increasing levels of responsibilities via college classroom assignments, relationships, or employment.

Broadening Social Skills: During this task, the young adult is broadening the range of appropriate and dependable social skills through active participation in varied social settings.

Nurturing Intimacy: During this task, the young adult establishes one or more intimate relationships whereby he or she can share his or her most deeply held thoughts and feelings.

Focus - Chapter 01 #30

31. (p. 13-14) Describe the basic difference between the conventional Western view of health and the definition of health proposed by your authors.

The conventional definition focuses on the physical dimension almost to the exclusion of others. The conventional Western view of health is based on the absence of disease/illness and a reliance on medical services and health promotion to ensure longevity. By contrast, the authors' definition of health is multidimensional and focuses on one's ability to access resources for growth within each dimension.

Focus - Chapter 01 #31

32. (p. 12) Explain why behavior change is often difficult.

Behavioral change is often difficult because several factors strongly influence a person's desire to change. They include the knowledge that a particular behavioral pattern is clearly associated with a particular health problem; the belief that their behavioral patterns will make them susceptible to a particular health problem; the recognition that risk-reduction intervention strategies exist and, should they adopt them in a compliant manner, they will reduce the risk of a particular health problem; the belief that benefits of newly adopted health-enhancing behaviors will be more reinforcing than the behaviors being given up; the feeling that significant others in their lives truly want them to alter their high-risk health behaviors and will support their efforts.

Focus - Chapter 01 #32

c1 Summary

<u>Category</u>	<u># of Questions</u>
Focus - Chapter 01	32